

5-Hydroxyindoleacetic Acid (5-HIAA)

For the **four days** preceding the urine collection and throughout the urine collection period (24 hours), adhere to a diet free of the following foods:

spinach, bananas, avocados, figs, kiwis, tomatoes, apples, caffeine and theine, plums, blackberries, pineapples, grapefruit, dried fruit, eggplants, chocolate, cocoa, and turkey meat.

If you are taking medications, consult your physician to rule out any potential interference with the test results.

24-Hour Urine Collection with Hydrochloric Acid

Collect the 24-hour urine in a container containing hydrochloric acid, which can be obtained at the IEO2 Blood Sampling Clinic (provided by the laboratory). If unable to obtain the container from the IEO, go to a pharmacy and request that 40 ml of 25% hydrochloric acid be added to an empty container of approximately 2 liters.

Collect the urine as follows:

- Begin the collection in the morning by emptying your bladder and discarding the urine produced
- Note the exact time.
- Over the next 24 hours, collect all urine produced. Keep the container in the refrigerator between urinations.
- Each urine sample should be collected and transferred to the container containing acid; this container should be used as provided, without washing or emptying it.
- **DO NOT URINATE DIRECTLY INTO THE CONTAINER.**
- The collection should end the following morning at the same time it started and must include the urine produced during the final hour of collection.
- **Example:** At 7:00 AM, empty your bladder and discard the urine. Then, collect all urine produced, including that produced at 7:00 AM the following morning. Therefore, the container will, at the end of the 24 hours, contain the total amount of urine produced throughout the day (morning, afternoon, evening, and night).
- If delivered within 48 hours, the acidified sample can be stored at +2°C to +8°C.
- Deliver all collected urine to the Blood Sampling Clinic along with this information sheet, completed and signed.

SURNAME _____ NAME _____

DATE OF BIRTH ____ / ____ / ____ Weight (Kg) _____ Height (cm) _____

INFORMATION NOTE ON HYDROCHLORIC ACID

Hazard Statements:

- Causes severe skin burns and eye damage.
- May cause respiratory irritation.
- May be corrosive to metals.

First Aid Measures:

- **Inhalation:** If the person is unconscious, keep them in a stable side position while transporting them to fresh air. Seek medical attention immediately.
- **Skin Contact:** Rinse skin thoroughly with plenty of water. Remove contaminated clothing immediately. Seek medical attention immediately.
- **Eye Contact:** Rinse eyes thoroughly with water. Seek an ophthalmologist immediately.
- **Ingestion:** Give the person water to drink immediately (at least 2 glasses). Avoid inducing vomiting due to the risk of tearing. Seek medical attention immediately.

**IN CASE OF NEED, CONTACT THE MILAN POISON CONTROL CENTER AT THE
EMERGENCY NUMBER 02-66101029, AVAILABLE 24/7, 365 DAYS A YEAR**

*I, the undersigned (surname and name) _____, declare
that I have followed the instructions provided in this information sheet.*

Date ____/____/____

Signature _____