

Darnall Army Community Hospital, Fort Hood, Texas

# Department of Pathology & Area Laboratory Services

Care - Quality - Readiness



## INSTRUCTIONS

### 24-Hour Urine Specimen Collection

### 5-Hydroxy-Indole Acetic Acid

Date & Time of Test \_\_\_\_\_

If you cannot keep your appointment, please call 288-8200 to cancel and reschedule.

**48 hours before collecting urine specimens, avoid eating or drinking things that contain:**

- tomatoes
- plums
- avocado
- eggplant
- bananas
- plantains
- walnuts
- kiwi fruit
- pineapple
- phenothiazine tranquilizers

If ingested, these items will interfere with the test result.

**PLEASE KEEP SPECIMENS REFRIGERATED OR ON ICE.**

**For 24 hours:**

- Discard the first urine of the morning
- Begin the 24-hour collection with the second urine of the morning
- Save all urine throughout the day and night
- Save the first urine of the second day. (This provides complete 24-hour testing.)

For more information, please call 288-8227/8228.

