

24-HOUR URINE FOR 5-HIAA OR VMA

Special Instructions:

- No alcoholic beverages during the urine collection.
- For the 24 hours before the test and during the collection, avoid the following foods high in indoles:

Avocados	Bananas	Eggplant	Pineapples
Plums	Tomatoes	Walnuts	

Collection Instructions:

1. Empty your bladder completely before beginning the collection. Discard urine.
2. Note the date and time and determine the ending time (24 hours later).
3. Collect all urine during this time period.
4. At the ending time, empty your bladder and add this final urine to the container.
5. Take sample, doctor's order and this instruction sheet with collection times noted on back as soon as possible to any of our locations. Please check in and register. You will be seen by a Lab care partner who will review your specimen and order before you leave. (holiday/weekend hours may vary)
6. To reduce wait times, we encourage you to preregister by calling 321-268-6150.

Parrish Medical Center Lab Locations (holiday/weekend hours may vary)

Parrish Medical Center (Express Testing): 951 N. Washington Ave., Titusville, FL 32796
Mon.-Fri., 6:30am-6pm and Sat., 7am-Noon, 321-268-6333, ext. 7344 or Main Lab
open 24-hours at 321-268-6134

Health and Fitness Center: 2210 Hwy. 50, Titusville, FL 32780
Mon.-Thurs., 6:30am-3pm, Fri., 6:30am-Noon; 321-268-6721

Healthcare Center | Port Canaveral: 390 Challenger Rd., Port Canaveral, FL 32920
Mon.-Fri., 8am-5pm; 321-633-8640

Healthcare Center | Port St. John: 5005 Port St. John Pkwy, Port St. John, FL 32927
Mon.-Thurs., 7am-4pm, Fri., 7am-Noon; 321-636-9393, ext. 8015

Healthcare Center | Titusville (Titus Landing): 250 Harrison St., Titusville, FL 32780
Mon.-Fri., 7am-4pm; 321-268-6764, ext. 8353

Date: _____

Collection Time Started: _____

Collection Time Ended: _____

Test Name: _____

Container Preservative: _____

Please call the Lab at 321-268-6134 if you have any questions.