



Serotonin

In the four days prior to collection of urine, please follow this diet

Avoid foods rich in serotonin (bananas, avocados, figs, kiwi, tomatoes, apples, grapefruit, caffeine and theine, plums, pineapple, dried fruit, eggplant, chocolate and cocoa).

In case of drug therapies, consult your doctor to rule out any interference on the assay

Collection of urine in 24 hours mode with HYDROCHLORIC ACID

Collect urine in 24 hours in a bottle containing hydrochloric acid that you will have given at the clinic before the test (container provided by the laboratory). If you cannot get the container at the clinics, contact a pharmacy by specifying to add to an empty container of about 2 liters 40 ml of hydrochloric acid at 25%.

Collect the urine as follows:

- Collect urine in the morning, emptying the bladder and taking away the excreted urine.
- Take note of the time.
- During the next 24 hours, collect all the urine emitted. In the time lapse between urinations, keep the container in the refrigerator.
- The urine output at each urination must be collected and poured into the vessel containing acid; such a container must be used as supplied, without washing nor emptying it.

DO NOT URINATE INTO THE CONTAINER DIRECTLY

The collection must end the next morning at the same time it started in considering also the last time of collection. **Example:** at 7:00 am empty the bladder taking away the urine; then collect all urine, including those of 7:00 the next morning. The recipients will therefore contain, at the expiration of 24 hours, the entire amount emitted during the day (morning, afternoon, evening and night).

- If given within 48 hours, the sample with acid can be kept at a temperature between 2 – 8°C.
- Send all the urine collection to the clinic with this statement completed and signed.

SURNAME _____ NAME _____

BIRTH _____ Weight (Kg) _____ Height (cm) _____

Quantity (volume) of urine (mL) _____

HYDROCHLORIC ACID INFORMATION

Risks

- Causes burns and damages the eyes
- Irritating to the respiratory system.
- Can corrode metals

First aid

- **Inhalation:** if the subject is unconsciousness, take the patient into fresh air, in a stable position on one side. Call a doctor.
- **Skin contact:** wash off with plenty of water. Immediately remove contaminated clothing. Call a doctor.
- **Eye contact:** Rinse thoroughly with water. Call an ophthalmologist.
- **After swallowing:** make victim drink water (two glasses at least), avoid vomiting (risk of perforation). Call a doctor immediately

IF NEEDED, PLEASE CONTACT THE MILAN POISON CENTRE +39 02 66 10 10 29

The undersigned (name and surname) _____ declare having followed the instructions in this disclosure.

Date ____ / ____ / ____

Signature _____