



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Blood tests for Neuroendocrine Tumours

Blood test guide for patients and phlebotomists

① For more information, please contact:

Department of Clinical Biochemistry

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| Contents | Page |
|---|-------------|
| Why have I been asked to have a blood test? | 5 |
| What do I need to do before having the blood test?..... | 6 |
| Where can I go to have the sample collected? | 8 |
| How long will the results take? | 9 |
| Information for the person collecting your blood | 10 |
| Tell us what you think of this leaflet | 11 |
| Teaching, training and research..... | 11 |
| Patient Advice and Liaison Service (PALS)..... | 11 |

Why have I been asked to have a blood test?

You have been given this leaflet because a doctor or surgeon specialising in gastroenterology needs you to have a specific blood test(s). This test or tests will help with diagnosing or monitoring your condition.

The tests covered by this leaflet are:

Chromogranin A and B
Gut Hormone profile
Plasma 5-HIAA

The person who gave you this leaflet should have explained which of these tests you will be having so you can prepare properly.

They should have provided you with a request form to take with you when you have your blood test(s). It is important to read the next section before you attend hospital to have your blood sample collected. Please take this leaflet with you when you have your blood test.

Further information on neuroendocrine tumours and carcinoid syndrome is available at:

www.nhs.uk/conditions/Neuroendocrine-tumours/pages/introduction.aspx

www.netpatientfoundation.org/support-information/

What do I need to do before having the blood test?

All the tests listed on the previous page require some form of preparation before you have the blood test.

These are listed below. If you are having more than one test, then follow the instructions for each test you are having.

Chromogranin A and B

This test is best performed in the morning as you will need to fast for 12hrs prior to having the test. You should not eat or drink anything other than water during this time.

Gut hormone profile

This test is best performed in the morning as you will need to fast for 12hrs prior to having the test. You should not eat or drink anything other than water during this time.

Plasma 5-HIA

You will need to fast for 12hrs prior to having the test. Certain foods and medicines contain substances that will interfere with the test and produce incorrect results. You should therefore avoid the following for 48hrs prior to having your blood test:

- Avocados
- Bananas
- Tomatoes (fresh and tinned)
- Plums
- Walnuts
- Aubergines
- Pineapples (fresh and tinned)
- Cough mixture
- Painkillers containing paracetamol

Where can I go to have the sample collected?

The blood sample must be collected at either York or Scarborough Hospital. It cannot be taken at your local GP surgery, at the Community Stadium or in Selby or Bridlington Hospital.

You should not need to make an appointment, but you may have to wait a short while during busy periods. Please remember to take this leaflet with you.

At York Hospital, you should enter the hospital via the main entrance and turn left to find the waiting area for Blood Taking. Use the check-in screen to select whether you have been referred by the hospital or your GP, take a numbered ticket and wait for your number to be called. Opening hours are Mon-Fri 7.30am-5pm, excluding public holidays.

At Scarborough Hospital, from the main entrance, go down the long corridor and turn right at the end. You should follow signs for “Pathology” or “Phlebotomy”. Once you arrive at the department, you should report to the reception desk and take a seat in the waiting area until you are called. Opening hours are Mon-Fri 9am-4.45pm, excluding public holidays.

How long will the results take?

Results should be available within four weeks of the sample being collected.

The results will be sent to the doctor who requested your tests and they will contact you once they have received them.

Please do not contact the laboratory directly for results.

Information for the person collecting your blood

Please show the information below to the person collecting your blood sample.

This will help make sure they take the correct number and type of blood bottles and make sure that they send the samples to the laboratory promptly.

All samples must be delivered to the laboratory **immediately** after sample collection for all these tests. Contact the laboratory if you require ice.

Sample requirements are as follows:

Gut Hormone profile

2 x EDTA samples (purple top)

This profile includes Chromogranin A+B

Samples should be received on ice

Chromogranin A+B

1 x EDTA sample (purple top)

(This extra sample is not required if co-requesting gut hormones)

Plasma 5-HIAA

1 x Lithium Heparin (green top)

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Daniel Turnock, Consultant Clinical Scientist, Laboratory Medicine, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726366.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

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