

PATIENT INSTRUCTIONS

5-HYDROXYINDOLEACETIC ACID (5-HIAA) TEST

The following instructions are intended to help you collect the correct specimen for the test your clinician has requested.

The test for 5-Hydroxyindoleacetic Acid (5-HIAA) requires a 24-hour urine specimen. Please obtain the Collection for 24-Hour Urine Specimen Patient Instructions for the collection of this type of urine. **DO NOT** remove the liquid preservative that is in the container. Note any warnings or instructions which are printed on the outside of the container.

DIET AND MEDICATION RESTRICTIONS FOR THE 5-HIAA TEST

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

The following foods and medications should be avoided for **three (3) days** prior to collection of urine, and during the collection of the sample:

Foods to Avoid:

- Foods rich in serotonin including: bananas, plums, pineapple and its juice, kiwi, avocados, eggplant, any tomato products and nuts (especially walnuts)
- Chocolate
- Coffee
- Tea

Medication to Avoid:

Medications that affect the metabolism of serotonin should be avoided before and during collection.

Contact your physician for approval before discontinuing any prescription medication.

Be sure to discuss all non-prescription medications with your physician.

- Cough and Antihistamine Preparations
- Fluorouracil
- Acetaminophen (Tylenol)
- Melphalan
- Hypertension drugs
- MAO inhibitors
- Salicylate (Aspirin)

After the specimen is collected, you may resume your normal diet.