

Urinary 5-HIAA Pre-test Patient Instructions

Your doctor has asked you to get a urine test for 5-hydroxyindoleacetic acid (5-HIAA). It is important to follow the instructions below in order to reduce the likelihood of a false positive result.

1. This is a 24 hour urine collection. You will be given another handout with instructions on how to correctly collect the specimen. Please ensure that **all** urine passed during the 24 hour period is collected. If you miss part of the collection, please start again with a fresh container.
2. Some food and drinks may interfere with the testing process.

For 48 hours before as well as during the urine collection, please do not consume any of the following:

Fruit	Bananas Kiwifruit Pineapple Plums
Vegetables	Avocado Tomato (including sauces and soups)
Nuts	All nuts should be avoided This includes nut products (e.g. peanut butter)
Drinks	Alcoholic drinks should not be consumed for 24 hours before and during the collection period

3. It is not usually necessary to stop any medications, unless you have been told otherwise by your doctor. However, if you are taking any supplements containing serotonin or 5-hydroxytryptophan, we recommend that you stop taking these for 14 days prior to testing. Discuss this with your doctor if you have any concerns.

Thank you in advance for following these instructions, which will enable us to give you an accurate, clinically-meaningful result.

References

Harmonisation of Endocrine Dynamic Testing – Adult (HEDTA) v1.9. Australasian Society of Clinical Biochemistry and Laboratory Medicine/Endocrine Society of Australia/Royal College of Pathologists of Australasia.