

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. Sample should be refrigerated during collection.

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.

- Any medication that can cause physiological (in vivo) increase or decrease of serotonin should be avoided if clinically feasible. Some examples include: Aspirin, chlorpromazine, corticotropin, dihydroxyphenylactic acid, gentisic acid, homogentisic acid, hydrazine derivatives, imipramine, isocaroxazid, keto acids, levodopa, methenamine, methyldopa, perchlorperazine, phenothiazines, promazine, promethazine, acetaminophen, acetanilide, coumaric acid, diazepam, ephedrine, fluorouracil, glycerol guaiacolate, methamphetamine (Desoxyn), mephenesin, methocarbamol, naproxen,
- Medications for high blood pressure, cough medications, antihistamines, monoamine oxydase (MAO) inhibitors, melphalan, phenacetin, phenmetrazine, phenobarbital, phentolamine, rauwolfia, reserpine.

Caffeine, nicotine, and alcohol must be avoided also.

After specimen is collected, you may resume normal diet and medications as per instructions from your physician.