

## Serotonin Test

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

### DIET AND MEDICATION RESTRICTIONS FOR SEROTININ TESTING:

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 **two (2) days** prior to presenting at our patient service centre for specimen collection:

#### Foods to Avoid:

- avocados
- bananas
- coffee and tea
- eggplant
- hickory nut
- mollusks
- pineapple
- plum
- tomato
- walnuts
- A diet low in Tryptophan is required (routinely found in chocolate, oats, dried dates, milk, yogurt, cottage cheese, red meat, eggs, fish, poultry)

#### Medication to Avoid:

**Contact your physician for approval before discontinuing any prescription medication. Be sure to discuss all non-prescription medications with your physician.**

- Salicylate (Aspirin)
- Corticotropins
- MAO inhibitors
- Phenacetin
- Catecholamines
- Reserpine
- Nicotine

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