

24-Hour Urinary 5-HIAA

Dietary Restriction Patient Information

Please avoid the following foods for **at least 24 hours (ideally 3 days if possible)** before AND **during** the 24-hour urine collection:

- Avocados
- Aubergines
- Bananas
- Butternut squash
- Kiwi fruit
- Nuts, especially Walnuts
- Pineapples
- Plantains
- Plums
- Tomatoes
- If at all possible please avoid alcohol, caffeine and nicotine during the collection period.

Please inform the doctor organizing the collection if you are on **any of the following medications** as they can affect the test:

- Paracetamol
- Cough medications and antihistamine preparations
- MAO Inhibitors
- Phenobarbital
- Tricyclic antidepressants
- Levodopa
- Methyldopa
- Aspirin
- Isoniazid
- Heparin

Important points on 24-hour urine collection:

- Collect **all** urine during the 24-hour time period
- Begin the urine collection in the morning after you wake up, **after** you have emptied your bladder for the first time (i.e. you don't need to collect this first urination on day 1)
- Finish by collecting the first urine passed the next morning, adding it to the collection bottle.

*Reference: Adapted from: Rosen S. JAMA 1988; 260:1606
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