Health New Zealand
Te Whatu Ora
Taranaki

Patient Information Guide

5-HIAA (5-Hydroxyindoleacetic Acid)

24 hour urine collection

Pre-testing Requirements

Some medications and foods (see below) could interfere with test results.

For 48 hours before patients start their urine collection and during the 24 hours they collect urine limit the following to one serving per day:

Fruits, Vegetables, Nuts (other than the list below)

During the same period, avoid completely: avocados, dates, eggplant, bananas, cantaloupe, grapefruit, kiwifruit, melons, pineapple, plantains, plums, hickory nuts, butternuts, pecans, walnuts, tomatoes and tomato products.

Caffeinated beverages such as tea and coffee or caffeinated foods should also be avoided for 48 hours before and during specimen collection.

If clinically feasible and after consultation with your doctor, discontinue the following medications at least 48 hours before specimen collection:

Acetaminophen (paracetamol)
Aspirin
Antihistamines
Cough syrups
Cold and flu medications
Levodopa
Methyldopa
Phenothiazines

If you require further information regarding your test procedure, please contact the Laboratory.

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