

## Diet Sheet for Urine 5HIAA Collection

Your doctor has requested that you provide a urine sample for measurement of a substance called 5-HIAA. 5-HIAA is a breakdown product of serotonin.

To make sure that the level of 5-HIAA is not falsely raised in your urine, please avoid eating, drinking or taking the following while you are collecting the sample, and for the two days before you start the collection:

<b>Alcohol</b>	<b>Melons</b>	<b>Cough mixture</b>
<b>Avocados</b>	<b>Pecan nuts</b>	<b>Paracetamol</b>
<b>Bananas</b>	<b>Pineapples</b>	<b>Nicotine</b>
<b>Broccoli</b>	<b>Red plums</b>	<b>Diazepam</b>
<b>Damsons</b>	<b>Redcurrants</b>	<b>Naproxen</b>
<b>Eggplant (aubergine)</b>	<b>Spinach</b>	
<b>Gooseberries</b>	<b>Sweetcorn</b>	<b>Consult your doctor before decreasing or discontinuing any medication</b>
<b>Kiwi fruit</b>	<b>Tomatoes</b>	

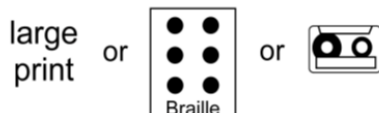
We provide an information leaflet that gives instructions on collecting your 24 hour urine sample which you can download from our website:

<http://www.nhspathology.fph.nhs.uk/Core-Service/Test-Directory/Biochemistry.aspx>

If you would like to learn more about this test, or any other test that your doctor has ordered, you can visit LabTestsOnline which is a free resource created and updated by laboratory professionals for patients:

<http://www.labtestsonline.org.uk/>

For support in accessing patient information,  
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 01276 526706