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## Pre-testing Requirements

5-Hydroxyindoleacetic Acid (5-HIAA) 24 hour urine collection  
Patient Preparation

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, rock melon, 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