



PATIENT INSTRUCTIONS FOR COLLECTING
24-HOUR URINE 5-HYDROXYINDOLEACETIC ACID
(5-HIAA)

**CHECK WITH DOCTOR BEFORE YOU STOP TAKING ANY
PRESCRIBED MEDICATIONS**

AVOID 48 hours PRIOR TO AND DURING COLLECTION

AVOCADOS
BANANAS
EGGPLANT
PINEAPPLES
PLUMS
TOMATOES
WALNUTS

AVOID FOR 72 HOURS PRIOR TO AND DURING COLLECTION

HERBAL REMEDIES
OVER THE COUNTER DRUGS

Follow the instructions for collection of the urine sample after adhering to these dietary restrictions.

Write patient's name, date of birth, date and time of collection on label of container.

Reference: Specialty Laboratories, 2006, Directory of Services