

**Patient Collection Instructions:**

**5-Hydroxyindoleacetic Acid (5-HIAA), 24 Hour, Urine**

**NOTE:** Some prescription medications could interfere with test results. Your provider should decide if any medications should be stopped and inform you when they should be restarted.

For 48 hours before patients start their urine collection **and** during the 24 hour collection period follow all diet information below.

1. Limit the following to 1 serving per day:

Fruits, vegetables and nuts

2. Avoid eating any of the following:

Avocado, banana, eggplant, kiwi, pecans, pineapple, plums, tomatoes, and walnuts

3. Avoid drinking any of the following:

Caffeine and/or alcohol

If clinically feasible, discontinue the following medications at least 48 hours before specimen collection and during the 24 hour collection period.

- Acetaminophen (Tylenol or generic versions)
- Aspirin
- Antihistamines
- Cough syrups
- Cold, sinus and flu medications
- Nicotine (cigarettes, gum and patches)

If you have any questions regarding the collection requirements or require additional collection materials please contact the **Logan Health Medical Center Laboratory** at **406-752-1737**