



PATIENT INSTRUCTIONS

Diet and Drug Restrictions - Urine 5-HIAA

- Carefully follow the written instructions provided for 24 hour urine collection.
- Always use the collection container supplied by the laboratory.

DIET

- DO NOT consume any of the following food items for 3 days prior to and during collection of the urine specimen:

Tomatoes
Avocados
Plums
Bananas
Kiwi fruit
Pineapple
Nuts (butternuts, walnuts, pecans, filberts, brazil nuts)

MEDICATIONS

- Some drugs may interfere with the test. Take only the medications prescribed by your physician and which are absolutely necessary. Consult with your physician.

NOTE: The patient **MUST** have physician approval before withdrawing from prescribed medication(s). If medication must be continued, please provide a list of your medications to the laboratory when submitting the specimen.