

# 5-HYDROXYINDOLES / 5HIAA – 24-hour Urine

## PATIENT INSTRUCTIONS

IT IS VERY IMPORTANT TO COLLECT ALL THE URINE YOU PRODUCE IN AN EXACT  
24-HOUR PERIOD

It is important to follow these instructions carefully to ensure  
your test results are accurate.

### SUPPLEMENT PAGE TO 24 Hour Test

#### Preparation:

Instructions prior to 24hr collection of urine. The following drugs and foods interfere with the estimation and should be avoided for at least 72 hours prior to and during the collection.

Phenothiazines

Chocolate

Methyldopa

Aspirin

Eggplant

Isoniazid

Naproxen

Cough Mixture

Tomatoes

Coffee

Nut

Fruits and fruit juices (including avocado, banana, dates, grapefruit, kiwifruit, pineapple and plum)

#### Collection Procedure

See 24-hour urine handout

***Your results can only be obtained from the requesting doctor***

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Please refer to our website for additional information  
[www.pathlab.co.nz](http://www.pathlab.co.nz)

or alternatively contact  
07 858 0795