

 Eastern Health Laboratory Medicine	<b>Section:</b> Management System\Eastern Health\Client Services\Collection Manual\	
	<b>Title:</b> Collecting a 5-HIAA Random Urine Specimen	<b>Number:</b> 14043
		<b>Version:</b> 0
	<b>Effective Date:</b> 18-02-2019	<b>Status:</b>

## How to Collect a 5-HIAA Random Urine Specimen

Please read all this material **before** you start your urine collection.

*Samples not labelled correctly and/or do not have a complete requisition will not be processed.  
To ensure correct test results, follow instructions carefully.*

### Before Collecting the Random Urine Specimen:

- Certain foods and medications can interfere with the test. The following a diet and medication restrictions must be followed for **72 hours before and during all of the urine collection** (24 hours):

#### Avoid all of the following foods and compounds.

*Coffee (Caffeine)  
Nicotine (smoking)  
Banana  
Chocolate  
Eggplant  
Fruit and Juice  
Pineapple  
Cola drink  
Seafoods*

*Pumpkins  
Soy products  
Seaweed  
Spinach  
Liver  
Melon family  
Date  
Kiwi  
Papaya*

*Grapefruit  
Prune and Plum  
Plantain  
Tomato and tomato-based products  
Tea  
Avocado  
Cantaloupe  
Nuts (Walnuts, almonds, pecans, pistachios, etc.)*

#### Avoid all of the following over-the-counter medications.

*ASA (e.g. Aspirin)  
Acetaminophen (e.g. Tylenol)*

*Cough, Cold and Flu medications  
Antihistamines*

#### Ask your doctor whether it is safe for you to stop taking the following prescription medications as they may affect the test results.

*Anti-hypertensive drugs  
Levodopa (L-dopa)  
Chloral hydrate  
Dopamine*

*Erythromycin  
Niacin  
Phenothiazine  
Quinidine*

*Quinine  
Riboflavin  
Tetracycline  
MAO inhibitors*

### How to collect the samples:

- Collect the random urine in the clean sterile container provided to you.
- Bring the sample to your local laboratory within 3 hours of collection.