

Pan-pathology

File name: IPS_PathForm_102 Patient Information - Dietary restrictions prior to undertaking a 5HIAA 24 hour urine collection.docx
Date of issue: 14/02/2018 Version: 1.0
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Dietary restrictions prior to undertaking a 5HIAA 24 hour urine collection

This information is intended for all patients who have been asked to collect a 24 hour urine sample for 5HIAA at home by their clinician (doctor, nurse or midwife).

DO NOT EAT these foods for 3 days prior to and during the urine collection, as they may affect your test result:

- Avocados
- Bananas
- Aubergine
- Kiwi Fruit
- Pineapples
- Plums
- Grapes
- Figs
- Walnuts
- Tomatoes
- Chocolate
- Health food supplements