

Preparing for the 5-HIAA 24 hour urine test

Certain foods have a high serotonin content, and eating them before a 5-HIAA test can increase your levels. Therefore, you should not eat the following foods for 3 days before your test:

- Bananas
- Walnuts
- Plantains
- Hickory nuts
- Pineapple
- Pecans
- Kiwi fruit
- Avocados
- Plums
- Broccoli
- Tomatoes
- Eggplant/Aubergine

Several drugs can also affect the level of 5-HIAA in your urine, so you should avoid taking any of these drugs for 3 days before and during the collection for a 5-HIAA test. (However you should check with your doctor before stopping if any of these are being taken on medical advice.)

- Indomethacin
- Naproxen
- Paracetamol
- Cough mixtures
- Diazepam
- Mephensin
- Beta-blockers

Please telephone the Duty Biochemist on 0117 4148437 if you have any questions or concerns.