Preparing For Your 5-HIAA Test:
What not to eat and drink for patients having the 5-HIAA Test

What is the 5 Hydroxy Indole Acetic Acid (5-HIAA) Test?
The 5-HIAA is a urine test. It is used to find an abnormal amount of serotonin being made in your body.

Why do I need the 5-HIAA test?
Your doctor may order this test to help diagnose and keep an eye on your carcinoid tumours. Carcinoid tumours trigger your body to make a large amount of serotonin in your intestines. The serotonin consumes (digests) a chemical called 5-HIAA. If there is a carcinoid tumour, there would be a very low level of 5-HIAA in your body.

To do a 5-HIAA test, a 24-hour urine sample is taken because chemicals in your urine change during the day. For instructions on how to take 24-hour urine samples, please read “How To Do a 24-Hour Urine Collection” (on the back).

How to prepare for the 5-HIAA test
There are many foods and drinks that can affect the results of this test.

DO NOT eat the food or drink the drinks listed below:
• For 2 days (48 hours) before the day of your test
• On any days you are collecting urine

DO NOT drink alcohol or drinks with caffeine, like coffee, tea or soft drinks.
Do not eat:
• Bananas
• Kiwi
• Avocado
• Eggplant
• Plums
• Tomato
• Pineapple
• Butternuts
• Walnuts and pecans

Some medicine can affect your test results.
Check with your doctor if you are taking medicines.
How to do a 24-hour urine collection

1. Choose a start time. Empty your bladder into the toilet as usual. Record this time and date.

   Start Time and Date: __________________________________________

2. Starting the next time you urinate, collect and pour all urine into the container provided, for a complete 24 hours. It does not matter how much or little urine you have each time, as long as every drop is collected. Women should urinate in the “hat” provided, and then pour the urine into the collection container.

   Note: Please make sure the lid is on tightly and the urine container is kept in the refrigerator after each collection.

3. Collect your final urine sample the next morning at the same time you started urine collection (see the time above). Try to collect the last sample at this time even if you do not feel like you want to urinate. Save it by adding it to the bottle as before. Record this time and date.

   Finish Time and Date __________________________________________

4. Put the urine container in the plastic bag provided and make sure it is sealed.

5. Bring your urine collection to the laboratory the same day the collection is finished.

   You may wash your “hat” with dish detergent and store it for future collections.

   **Remember:**
   - Keep the bottle upright so it does not spill.
   - Do not splash when you are pouring urine into the bottle.
   - Keep the bottle away from children.
   - If you spill or splash the liquid in the bottle, wash it right away with water.