

**How to Collect a Urine Specimen for
5-Hydroxyindolacetic Acid (5-HIAA)**

How to prepare	<p>For correct test results, follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the ordering of more or unnecessary tests.</p>			
Risks or Cautions	<p>Some medication may interfere with results of this test. Talk to your doctor about the medication you are taking. Your doctor may tell you to stop taking some of your medication. Do not stop taking your medication unless your doctor tells you to stop.</p>			
What you CANNOT eat or drink	<p>DO NOT EAT any of the following foods for 4 days before and during collection of the urine sample:</p> <table border="1" data-bbox="311 737 1578 1045"> <tr> <td data-bbox="311 737 732 1045"> <ul style="list-style-type: none"> • Avocados • Bananas • Black olives • Broccoli • Cantaloupe • Cauliflower • Chocolate </td> <td data-bbox="732 737 1153 1045"> <ul style="list-style-type: none"> • Dates • Eggplant • Figs • Grapefruit • Honeydew melon • Kiwifruit • Pecans </td> <td data-bbox="1153 737 1578 1045"> <ul style="list-style-type: none"> • Pineapples • Plantains • Plums • Spinach • Tomatoes • Turkey • Walnuts </td> </tr> </table> <p>DO NOT DRINK anything that contains CAFFEINE (including coffee, tea and all caffeine containing soft drinks and energy drinks) for 4 days before and during collection of the urine sample:</p>	<ul style="list-style-type: none"> • Avocados • Bananas • Black olives • Broccoli • Cantaloupe • Cauliflower • Chocolate 	<ul style="list-style-type: none"> • Dates • Eggplant • Figs • Grapefruit • Honeydew melon • Kiwifruit • Pecans 	<ul style="list-style-type: none"> • Pineapples • Plantains • Plums • Spinach • Tomatoes • Turkey • Walnuts
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Collecting and Delivering the Sample to Lab	<p>Refer to instructions given to you on How to Collect a 24 Hour Urine Specimen CH3003</p>			

Questions? Contact the Laboratory Information Centre at 403-770-3600 or visit MyHealth.Alberta.ca.