

Diet for Urine 5 HIAA Test

What is a urine 5 HIAA Test?

This test is used to diagnose and monitor treatment for a condition where the body produces too much serotonin, a chemical causing symptoms such as flushing, diarrhoea and sweating.

Diet before the test

For three days before you start your 24-hour urine collection, and during the collection, please avoid the following foods: aubergines, avocado pears, bananas, pineapple, plums, tomatoes and walnuts.

In addition, please also avoid taking aspirin, paracetamol or cough syrup (unless any of these are prescribed for you by your doctor).

The 24-hour urine collection

You have been given a urine collection bottle. **Caution:** The bottle contains a very small amount of strong acid. **Do not throw this away** and take care when adding urine samples to the bottle.

DAY 1 Start your special diet (as above).

DAY 4 When you get up in the morning, discard your first urine specimen of the day and note the time and date on the collection bottle. Collect all the urine you pass over the next 24 hours. You may prefer to stay at home on this day but if you go out, don't forget to take your collection bottle with you.

DAY 5 Finish the urine collection by passing urine into the bottle at exactly the same time as it was started. Note the time and date on the collection bottle.

Please make sure your full name and date of birth, and the times and dates of collection are on the urine collection bottle, and bring it to the Pathology Reception, with the request card, as soon as possible after completion. The opening hours are Monday to Friday from 9am until 5pm.

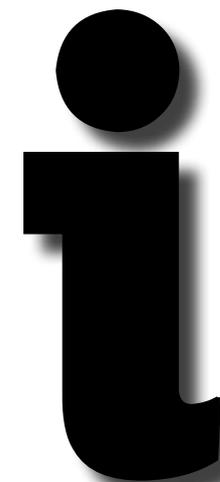
When will I know the results of the test?

Your doctor will receive the results within 14 days of the samples being received in the laboratory. If you have not already arranged to see the doctor who referred you for this test, you should make an appointment after this time.

Where can I get more information?

If you have any queries or problems, please contact Dr O'Connell's secretary on 01722 429037 (office hours).

Department of Laboratory Medicine
01722 336262 ext 4047



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.