

 Eastern Health Laboratory Medicine	<b>Section:</b> Management System\Eastern Health\Client Services\Collection Manual	
	<b>Title:</b> Collecting a 5-HIAA Random Urine Specimen	<b>Number:</b> 14043
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## How to Collect a 5-HIAA Random Urine Specimen

Please read all this material **before** you start your urine collection.

*Samples not labelled correctly and/or do not have a complete requisition will not be processed.  
To ensure correct test results, follow instructions carefully.*

### Before Collecting the Random Urine Specimen:

- Certain foods and medications can interfere with the test. The following a diet and medication restrictions must be followed for **72 hours before and during all of the urine collection** (24 hours):

#### Avoid all of the following foods and compounds.

<i>Coffee (Caffeine)</i>	<i>Pumpkins</i>	<i>Grapefruit</i>
<i>Nicotine (smoking)</i>	<i>Soy products</i>	<i>Prune and Plum</i>
<i>Banana</i>	<i>Seaweed</i>	<i>Plantain</i>
<i>Chocolate</i>	<i>Spinach</i>	<i>Tomato and tomato-based products</i>
<i>Eggplant</i>	<i>Liver</i>	<i>Tea</i>
<i>Fruit and Juice</i>	<i>Melon family</i>	<i>Avocado</i>
<i>Pineapple</i>	<i>Date</i>	<i>Cantaloupe</i>
<i>Cola drink</i>	<i>Kiwi</i>	<i>Nuts (Walnuts, almonds, pecans, pistachios, etc.)</i>
<i>Seafoods</i>	<i>Papaya</i>	

#### Avoid all of the following over-the-counter medications.

<i>ASA (e.g. Aspirin)</i>	<i>Cough, Cold and Flu medications</i>
<i>Acetaminophen (e.g. Tylenol)</i>	<i>Antihistamines</i>

#### Ask your doctor whether it is safe for you to stop taking the following prescription medications as they may affect the test results.

<i>Anti-hypertensive drugs</i>	<i>Erythromycin</i>	<i>Quinine</i>
<i>Levodopa (L-dopa)</i>	<i>Niacin</i>	<i>Riboflavin</i>
<i>Chloral hydrate</i>	<i>Phenothiazine</i>	<i>Tetracycline</i>
<i>Dopamine</i>	<i>Quinidine</i>	<i>MAO inhibitors</i>

### How to collect the samples:

- Collect the random urine in the clean sterile container provided to you.
- Bring the sample to your local laboratory within 3 hours of collection.