

# Urine Collection Diet

## For 5HIAA, Catecholamine & Metanephrines

Your doctor has requested a test which requires you to follow the below directives to ensure accurate test results.

### Medication

A number of drugs including antihypertensive agents (blood pressure medications) and antidepressants may interfere with these urinary tests. **Do not restrict or cease these drugs unless advised by your doctor.**

You should ensure that your medications are being taken on a regular daily basis for the 3-4 days prior to and during the collection.

### Illness

In addition, as illness can misleadingly raise the results of these tests, avoid collecting the sample during intercurrent illness (e.g. flu).

### Dietary

When testing for urinary 5-HIAA or serotonin, exclude from your diet all nuts and vegetables or fruit containing seeds for 3-4 days prior to and during the collection. This includes bananas.

Some examples of foods to exclude are:

- Avocado
- Chilli
- Eggplant
- Pineapple
- Tomato
- Banana
- Plum
- Chilli
- Walnuts
- Pecans

### Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

