



The Dudley Group
NHS Foundation Trust

24 hour urine collection for 5HIAA: dietary information for patients

**Department of Clinical
Biochemistry**
Patient Information Leaflet

Your doctor has requested a laboratory test which requires you to collect urine for 24 hours. It is important that you follow the instructions on how to do this on the side of the urine collection container.

However, there are some naturally occurring foodstuffs and some medications that will interfere with the 5HIAA test, which may give a false reading.

It is therefore important that you do not eat the following foods for 48 hours before you collect the urine **and** for the 24 hours during which you collect the urine.

You must not eat

- chocolate,
- walnuts,
- bananas,
- pineapples,
- avocados,
- plums,
- tomatoes,
- or aubergines.

Similarly, you should not drink alcohol for 48 hours before the collection and for the 24 hours during which you collect the urine.

Some medications may interfere with the test. Continue to take any medication, whether prescribed by your doctor or bought over the counter, but please write all medication you are taking on this form and return it with the urine collection.

Name..... Date of birth.....

Medication taken.....
.....
.....
.....
.....

If you have any queries, please contact the Biochemistry
Department at Russells Hall Hospital on (01384) 244081.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Biochemistry Department

Russells Hall Hospital switchboard number: 01384 456111
ext. 2081

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/pathology/>

If you have any feedback on this patient information leaflet,
please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔