



24 h daily collection of urine with hydrochloric acid. Annex: Information on 5-HIA

Sampling instructions for tU-5-HIA and fS-5-HIA

Dietary restrictions

You must not have consumed any of the following foods two days before, or during, the test collection:

- Serotonin-containing foods can cause falsely high levels of 5-HIA. Examples of these:
 - Pineapple
 - Aubergine
 - Avocado
 - Bananas
 - Grapefruit
 - Blue cheese
 - Nuts
 - Plum
 - Red wine
 - Tomatoes

In addition, the following medicines may affect the measurement result:

- Imipramine, levodopa and methyldopa as these inhibit the production of 5-HIA in the body.
- Naproxen.
- Cough medicines such as Theracough and Nipenesin.

If you are taking any of these medicines on a regular basis, you should consult your doctor who prescribed the test about any interruption of your medication before the test.