

24 Hour Urinary 5-HIAA Test Tip Sheet

You may be required to take a urinary 5-hydroxyindole acetic acid (5-HIAA) test. Urinary 5-HIAA is used as a marker of serotonin production in neuroendocrine tumours.

The following foods and fluids should be avoided due to high serotonin content for **three days prior AND during the 24 hours of urine collection ONLY.**^(1,2)

Some medications will produce a false positive urinary 5-HIAA result.

Contact your doctor about this prior to taking the test.



Tomato



Coffee



Pineapple



Almonds



Walnuts



Tea



Bananas



Aged cheese



Avocado



Milk



Kiwifruit



Alcohol



Plums



Chocolate



Macadamia Nuts



Eggplant



Red Meat



Cashews

If you have any further questions about foods to avoid while doing the urinary 5-HIAA test, please contact the Unicorn Foundation New Zealand.

References

1. Oberg et al., *ENETS Consensus Guidelines for the standards of care in neuroendocrine tumours: Biochemical Markers*, Neuroendocrinology, 2017
2. Corcuff JB, Chardon L, Ridah IEH, & Brossaud J, *Urinary sampling for 5HIAA and metanephrines determination: revisiting the recommendations*, Endocrine connections, 2017