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Patient Instructions

24 Hour Urine Test for 5-HIAA

There are special dietary restrictions and some pills you should avoid while you collect your urine test. Taking these medications or food will interfere with the test.

Avoid all of the following for 72 hours prior to and during the collection. If you are already taking one of these medications, check with your doctor to be sure it is okay to stop taking them for this test:

- No bananas, avocados, plums, eggplant, tomatoes, plantains, pineapples, and walnuts.
- No medications containing guaifenesin, Tylenol, empirin, acetanilide, glyceryl guaiacolate, mephenesin, methocarbamol (Robaxin), reserpine, chlorpromazine (Thorazine), promazine, imipramine (Tofranil), isoniazid, MAOI inhibitors, methenamine, methyl dopa, phenothiazines.