



# Hydroxyindoleacetic Acid-5, Urine

**Synonym: 5-HIAA, Urine**

Patients should abstain, if possible, from medications, over-the-counter drugs, and herbal remedies for at least 72 hours prior to the test.

Foods rich in serotonin and medication that may affect the metabolism of serotonin must be avoided at least 72 hours before and during the collection of urine for HIAA.

Check with your physician if you have any questions regarding the medication restrictions.

Avoid foods such as:

Avocados, Bananas, Eggplants, Plums, Pineapple, Tomatoes, Walnuts, Alcoholic and Caffeinated beverages.

Please follow these instructions. Improper patient preparation will not give your physician the appropriate information needed for your care.