

# 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.**<sup>(1,2)</sup>

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