

## 5-HIAA Urine Test

Your healthcare provider has ordered a 5-hydroxyindoleacetic acid (5-HIAA) urine test. This test is used to help diagnose and monitor carcinoid tumors. It may be ordered by itself or along with a blood serotonin and/or chromogranin A level. 5-HIAA is the primary metabolite of serotonin that is excreted in the urine.

For this test, you will need to collect your urine for a total of 24 hours.

For the test results to be accurate you must avoid nicotine, alcohol, and certain medicines and foods for **72 hours** before the start of your urine collection and **during the 24 hours** you collect your urine.

### Foods to Avoid for this Test:

Avocados	Melons (cantaloupes, honey dew, watermelon)
Bananas	Nuts and nut butters (including hickory nuts, butternuts, pecans, walnuts)
Caffeine (coffee, tea, chocolate, cola products)	Pineapple or pineapple juice
Dates	Plantains
Eggplant	Plums
Grapefruit or grapefruit juice	Tomatoes and tomato containing products
Kiwi	

After you collect your urine for a total of 24 hours, you can eat your normal foods.

**Your healthcare provider may want you to avoid certain medicines for this test. Talk to you healthcare team if you take any of the following medicines:**

5-Fluorouracil	MAO inhibitors
Acetaminophen (Tylenol®)	Melphalan®
antidepressants imipramine (Tofranil®)	muscle relaxants
chlorpromazine (Thorazine®)	naproxen
cough and antihistamine medicines (Robitussin®)	nasal drops or sprays (ephedrine)
hypertension medicines such as methyldopa (Aldomet®)	phenothiazines (Compazine®)
ibuprofen (Motrin®, Advil®)	promethazine (Mepergan®)

After you collect your urine for a total of 24 hours, you can take your medicines as prescribed.

## Preparation:

- You will urinate into a clean container (“hat” or urinal).
- You will need a 24-hour urine collection jug to store the urine as you collect it. This jug will be labeled with the word “preservative” on it. If the preservative spills out, **do not use this jug**, you will need a new one.



Clean container (“hat”)



Clean container (urinal)



Collection jug

## How to collect your 24-hour urine sample:

- When you wake up, urinate into the toilet for your first urination of the day. **This is not to be collected as it’s considered yesterday’s urine.**
- Write the date and time of this first urination on the jug (this is considered the “start time”).
- After this time, urinate into the clean container (“hat” or urinal). **Do not urinate into the jug** (splashing of the preservative can occur).
- Pour the urine into the jug.
- Make sure that you keep the jug with urine cold (refrigerate - do not freeze) during the 24-hour collection period and until the urine is brought to the lab.
- On the next morning, at about the same time you started the collection, collect urine for the last time. This is the end of your test. Write the date and time the test ended on the jug (this is considered the “end time”).
- As soon as possible, bring the jug with the collected urine to 1<sup>st</sup> Floor Outpatient Lab at Rutgers Cancer Institute of New Jersey.
- Call your healthcare team at 732-235-2465 if you have any trouble collecting your urine.

### Example:

Wake up at 7:00am and urinate into toilet and **do not** collect this sample. Write the date and 7:00am as the “start time” on the jug. Collect all urine including 7:00am the next morning. Write the date and 7:00am as the “end time” on the jug.

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**