

## 5-HYDROXYINDOLES / 5HIAA PATIENT INSTRUCTIONS

**It is important to follow these instructions carefully to ensure your test results are accurate.**

Instructions prior to 24hr collection of urine

The following drugs and foods interfere with the estimation and should be avoided for at least 72 hours prior to and during the collection.

Phenothiazines  
Chocolate  
Methyldopa  
Aspirin  
Eggplant  
Isoniazid

Naproxen  
Cough Mixture  
Tomatoes  
Coffee  
Nuts

Fruits and fruit juices (including avocado, banana, dates, grapefruit, kiwifruit, pineapple and plum)

This list is not complete.

A list of all drugs being taken must be included on the request form.

*Your results can only be obtained from the requesting doctor*

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If you have any problems, please contact one of the following:

Waikato  
07 858 0799

Bay of Plenty  
07 578 7073

Whakatane  
07 306 0906

Rotorua  
07 348 2106

Taupo  
07 376 5103  
07 376 1045