

# Urine Collection Diet

## For 5HIAA & Catecholamine

A variety of drugs and foods are known or are reported to interfere with this particular test. Therefore, the intake of the following items should be restricted for three days prior to and during the urine collection:

- Alcohol
- Paracetamol

### **THE FOLLOWING DRUGS ARE ALSO KNOWN TO INTERFERE WITH THE TEST:**

- Chlorpromazine
- Promazine
- Promethazine and other phenothiazine derivatives
- Isoproterenol
- L-DOPA
- Imipramine (Tofranil)
- Other anti-depressants
- Methocarbamol (Robaxin)
- Monoamine Oxidase Inhibitors (Trandate).

**Do not restrict or cease these drugs unless advised by your doctor. Please note the above list of drugs is not fully comprehensive. If you are**

**currently taking any of the above drugs, please list these together with a full account of any other medications.**

### **FOOD**

These food items are known to contain significant quantities of serotonin (a precursor of 5HIAA) and should be excluded from the diet for the three days prior to and including the day of collection:

- Avocado
- Banana
- Chillli
- Coffee
- Eggplant
- Pineapple
- Plum
- Tomato
- Walnuts and pecans

Briefly - avoid fruit and nuts

Smoking may also produce a false positive result. Please reduce tea and coffee intake for three days prior to and including the day of collection.

**FOR A FULL LIST OF OUR COLLECTION CENTRES AND OPENING HOURS, VISIT [QML.COM.AU](http://QML.COM.AU)**