

Preparing for Your 5-HIAA Urine Test

What is a 5-HIAA Urine Test?

This test is used to help diagnose and check carcinoid tumors in the body. When the hormone serotonin breaks down in the body, it makes a waste product called 5-HIAA. The 5-HIAA urine test will show how much 5-HIAA is in your urine. You must collect urine for a 24-hour period of time to complete this test.

How do I prepare for this test?

Some medicines can affect the results of this test. **Do not take any of the medicines listed below for 2 days before your test.** Talk to your doctor if you have questions about your medicine or if you are not able to stop taking your medicine.

Acetaminophen (Tylenol or generic versions)

Tryptophan containing supplements

There are certain foods and drinks that you should not eat or drink before this test. For 48 hours prior and during specimen collection limit the following to 1 serving per day:

Fruits

Vegetables

Nuts

Caffeinated beverages or foods

- **Do not drink alcoholic beverages for 2 days before or during the test.**
- **Do not smoke or use tobacco products 2 days before or during the test.**

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Other Important Information

- You will receive a large bottle to collect your urine.
- Put your name on the bottle.
- Do not exercise more than usual while you are collecting your urine.
- If any urine is spilled or not collected, you will need to start over with a new bottle.
- Do not get any toilet paper or stool in the urine.
- Keep the bottle away from children and pets.
- Keep the urine cool or refrigerated. Do not freeze.
- Keep the bottle in a safe place where it will not be spilled or exposed to light.

How do I collect the urine?

1. To start, empty your bladder and flush the toilet to get rid of the urine. Write down the time. **This is the time you start the 24-hour urine test.** It is often easiest if you discard your first morning urine when you get up and start from that time.
2. If you need to add a chemical to the bottle, do this before you put any urine into the bottle. **(Keep away from children and pets).**
3. Urinate into a clean cup or container. Carefully pour the urine into the large bottle.
4. Women are given a container that fits under the toilet seat to catch the urine. Some people call this a “hat.” Sit far enough forward when you urinate to make sure all the urine goes into the container.
5. For the next 24 hours, save **all of your urine** and put it into the bottle.
6. At the end of the 24 hours, urinate one more time until your bladder is empty. Pour the urine into the bottle.

What to do after I complete the test?

- Take the bottle of urine **and** your lab slip to the lab on the day you finish collecting the urine.
- Check in at the lab’s registration desk.