

Serotonin (Blood) and 5-HIAA (Urine) Collection Instructions

Three days prior to collection and during collection:

- **Avoid** use of alcohol and tobacco products, including nicotine patch and supplemental products.
- **Avoid** caffeinated food and beverages including chocolate, coffee, tea, and soft drinks.
- **Avoid** avocados, bananas, cantaloupe, dates, eggplant, grapefruit, honeydew melon, kiwi fruit, melons, pineapple, plantains, plums, tomatoes and tomato products, any nuts including butternuts, hickory nuts, pecans, and walnuts.
- **Avoid** acetaminophen (Tylenol), aspirin and products containing aspirin, antihistamines, cough syrups containing guaifenesin (expectorant), cold and flu medications, and L-dopa. Consult with your health care provider before discontinuing *any* medications.
- If collecting a urine specimen, label the container with your **full legal name, date of birth, collection date and time**.
- Refrigerate the urine specimen during collection and return to a Sanford Patient Service Center or Sanford laboratory as soon as possible.