

CENTEGRA CLINICAL LABORATORIES
McHenry/Woodstock, Illinois

PATIENT INSTRUCTIONS

Test:

Serotonin (5-HIAA), Urine

Use this Container:

24 Hour Urine Jug
(provided by the lab)

DIETARY RESTRICTIONS:

1. Abstain, if possible, from medications, over-the-counter drugs and herbal remedies for at least 72 hours prior to collection.
2. Do not eat Avocadoes, bananas, eggplant, pineapple, plums, tomatoes or walnuts for a period of 48 hours prior to start of collection.
3. Consult with your physicians prior to discontinuing use of prescribed medications.

COLLECTION PROCEDURE:

1. Follow directions for **24 Hour Urine Collection**.
2. Keep specimen refrigerated during collection.