

Dietary restrictions for 24 hour urine collections

If your request form includes **metadrenalines** please avoid the following for the 24 hours of the collection:

- vigorous exercise
- excess nicotine (smoking, nicotine patches, electronic cigarettes)
- coffee
- large doses of vitamin C (a glass of orange juice is fine)
- curry leaves and chili pepper (capsaicin).

Medications can also affect the results. Please list any medications you are taking on the request form.

If your request form includes **5HIAA** (5-hydroxy indoleacetic acid) you must avoid eating some types of food from 48 hours before you start collecting urine, and throughout the collection period, because they can affect the results.

- avoid eating avocados, bananas, kiwi fruit, pineapple, red plums, tomatoes, walnuts,
- do not drink alcohol,
- avoid taking cough mixture and/or paracetamol.

These substances can increase the amount of 5HIAA in your urine and cause a raised result.

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

LIC-BIO-24HRDIET (rev 0)

Ref number: 1048

Publication Date: March 2020 Review Date: March 2023