



BARRATT & SMITH
PATHOLOGY

"We take it personally"



**DOUGLASS
HANLY MOIR**
PATHOLOGY

"We take it personally"

PATIENT INSTRUCTIONS FOR 5 HT (SEROTONIN) AND 5HIAA

1. Please note what medications are being taken.
2. The following foodstuffs must be avoid for 24 hours prior to and during the collection period.

AVOID THE FOLLOWING:

FRUIT: bananas, pineapple, citrus fruits, guava, mango, passion fruit, dried fruits

JAMS: all except apricot

VEGETABLES: tomatoes, broad beans, mushrooms, avocado, spinach, broccoli, brussel sprouts, cauliflower, egg-plant, pickled vegetables and sauerkraut

NUTS & SEEDS: all, including peanut butter and tahini

DAIRY: all cheese/cheese spreads, flavoured yoghurt, flavoured milk, fruit smoothies

SEAFOOD: all including canned, dried and salted fish and seafood

COCOA: includes chocolates and Milo/Ovaltine, etc.

PROCESSED MEAT: includes devon, salami, sausages, ham, chicken/turkey loaf

CHUTNEYS: malted or coloured vinegar, mayonnaise, tartare sauce

FERMENTED FOODS: Marmite, Vegemite, fish paste, fish sauce, soy sauce, gravy, all wine/beer (fermented beverages).

(The above information was obtained from Royal Prince Alfred Hospital)

3. For collection of urine specimen please follow instructions for 24 hour collection.

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