

Department of Clinical Biochemistry Dietary restrictions for 24 hour urine collections	 University Hospitals Sussex NHS Foundation Trust
<i>Master copy resides on QPulse. Controlled copy on Pathology User Guide.</i>	Revision 3

These instructions are available on the Pathology User Guide (5HIAA and urine metadrenalines pages) for requesting clinicians to give to patients if required.

If your request form includes metadrenalines (also called metanephrines) please avoid the following from 24 hours before you start and for the 24 hours of the collection:

- vigorous exercise
- excess nicotine (smoking, nicotine patches, vaping, electronic cigarettes)
- coffee and caffeinated drinks
- bananas, pineapples, fruits, nuts, beans and tomatoes.

Medications can also affect the results. Please list any medications you are taking on the request form. **Do not stop taking your medication** unless instructed to do so by your doctor.

If your request form includes 5HIAA (5-hydroxyindoleacetic acid) you must avoid eating some types of food from 48 hours before you start collecting urine and for the 24 hours of the collection, because they can affect the results.

- avoid eating walnuts, bananas, aubergine (eggplant), avocados, pineapples, red plums, tomatoes.

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

Laboratory Instruction	Page 1 of 1	Authoriser: Stephanie Bailey
Id. Code: LIC-BIO-24HRDIET	Dept: UHS Pathology East	Activation Date: 20/10/2026

Department of Clinical Biochemistry Dietary restrictions for 24 hour urine collections	 University Hospitals Sussex NHS Foundation Trust
<i>Master copy resides on QPulse. Controlled copy on Pathology User Guide.</i>	Revision 3

Laboratory Instruction	Page 2 of 1	Authoriser: Stephanie Bailey
Id. Code: LIC-BIO-24HRDIET	Dept: UHS Pathology East	Activation Date: 20/10/2026