

Patient Information Sheet



Plasma Serotonin
24 Hour Urinary Serotonin
24 Hour Urinary 5HIAA
(U5HIAA 24)

Diet:

At least one day prior to and whilst collecting the specimen.

DO NOT EAT OR DRINK any of the following:-

Alcohol	Flavoured Milk	Soy Sauce
Avocado	Gravy	Tomatoes
Bananas	Jams	Tomato juice
Broad Beans	Juices of fruit	Tropical fruits
Broccoli	Mayonnaise	(Including plums)
Brussel Sprouts	Nuts –	Vegemite
Cauliflower	including Peanut Butter	Vinegars
Cheese	Pineapple	Walnuts
Chocolate	Processed Meats	Yoghurt
Citrus fruits	Seafood –	
Dried fruits	including Canned Seafood	
Egg Plant	Spinach	

Drugs:

Please list all medication (even over the counter preparations) currently being taken.