

Contact us

CISSS Bas-Saint-Laurent

<https://www.cisss-bsl.gouv.qc.ca>

and

CISSS de la Gaspésie

<https://www.cisss-gaspesie.gouv.qc.ca>


Prévenir
Accompagner
Prendre soin

Centre intégré
de santé
et de services sociaux
du Bas-Saint-Laurent

Québec 

Status: Approved 2023-03-01
OPTI-DE-013 v2

User Instructions

Preparatory Diet

- 5-HIAA and HVA (homovanillic acid) Test
- Citrate and Oxalate Test

Clinical Department of Laboratory Medicine

OPTI-DE-013

Your doctor has prescribed a 24-hour urine test for **5-HIAA, HVA, Citrate or Oxalate**.

You must follow certain dietary and pharmaceutical guidelines before your 24-hour urine collection.

COLLECTION

See the 24-hour urine collection brochure (OPTI-DE-012 v2) for more information. This brochure explains the diet to follow for these analyses.

MATERIALS REQUIRED

- 24-hour urine collection container with preservative

WARNING: The preservatives are toxic. They must be kept out of reach of children. Avoid contact with skin and mucous membranes.



Québec 

INSTRUCTIONS

- Follow the instructions on the 24-hour urine brochure that you received at the same time as this one.
- For this analysis, a special diet is required to ensure the accuracy of the results. Failure to follow this diet will invalidate the results.
- You must stop eating all restricted foods the day before **AND** during the collection period.
- Read the ingredients before ingesting any food, natural product or medicine.
- Do not discontinue any medication without consulting your doctor.

SPECIMEN IDENTIFICATION

Clearly write the following information on the container label:

- Your last and first name
- Your personal reference number (medical file number or health insurance number)
- The start and end date and time of collection

STORAGE

- Be sure to close the container cap tightly.
- Keep your samples **refrigerated (4 °C)**.

RETURN OF SAMPLES

- Once collection is complete, return your container as soon as possible to the nearest specimen collection centre or local point of service, or as instructed when you received the collection container. **Do not leave your container in an area not intended for this purpose** (e.g., care/emergency unit, freight elevator).
- When returning the samples, remember to bring **your hospital card** or RAMQ card as well as **your prescription, if necessary**.

The day before and throughout the collection period, you must maintain the following diet:

DIET FOR 5-HIAA and HVA (homovanillic acid)

DO NOT eat the following solid or liquid foods:

- Almonds, Pecans and various nuts
- Pineapples and pineapple juice
- Eggplants
- Avocados
- All types of bananas
- Alcoholic and/or energy drinks
- Chinese cabbage
- Dates
- Chocolate
- Kiwis
- All types of melons, including cantaloupe
- Papayas
- Plums
- Tomatoes and all foods containing them
- Hickory (BBQ sauce)

Some drugs should NOT BE USED:

- Acetaminophen (e.g., Tylenol)
- Aspirin (salicylate or acetylsalicylic acid)
- Phenothiazines
- Cough syrups containing glyceryl guaiacolate
- Serotonin

DIET FOR CITRATE AND OXALATE:

Do not take vitamin C supplements 48 hours before and during collection (e.g., vitamins, juice with added vitamin C)

