



Patient Information Sheet

Special Diet for 5HT (Serotonin) and 5-HIAA Estimation

No appointment is necessary for this test

Diet:

The following foodstuffs must be avoided for 24 hours prior to and during the collection period.

- **Fruit**
Bananas, pineapple, citrus fruits, guava, mango, passionfruit, dried fruits, tomatoes.
- **Jams and Chutneys**
All except apricot
- **Vegetables**
Broad beans, mushrooms, avocado, spinach, broccoli, brussel sprouts, cauliflower, eggplant, pickled vegetables and sauerkraut
- **Nuts and Seeds**
All including peanut butter and tahini.
- **Dairy**
All cheese and 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 Meats**
Devon, salami, sausages, ham, chicken loaf, turkey loaf

Medications:

Please note on your request form the current medications that you are taking.

For further information or to make an appointment, please contact your nearest Collection Centre
Updated Collection Centre details may be found:

- On the reverse of your request form
- Website: www.capitalpath.com.au
- Phone: 02 6285 9800