

5-Hydroxyindoleacetic Acid (5-HIAA), Random Urine with Creatinine

Test ID: F5HAR

Explanation:

Effective January 27, 2022 test ID F5HAR referred to Quest Diagnostics Nichols Institute SJC, will be obsolete due to the availability of Mayo Test ID: HIAAR.

Recommended Alternative Test:

5-Hydroxyindoleacetic Acid, Random, Urine

Test ID: HIAAR

Useful for:

Biochemical diagnosis and monitoring of intestinal carcinoid syndrome using random urine specimens

Ordering Guidance:

This test uses a random urine collection to assess 5-hydroxyindoleacetic acid concentrations. If a 24-hour urine collection is preferred, order HIAA / 5-Hydroxyindoleacetic Acid, 24 Hour, Urine.

Methods:

Liquid Chromatography-Tandem Mass Spectrometry (LC-MS/MS)

Necessary Information:

Patient's age and sex are required.

Specimen Requirements:

Patient Preparation:

1. Some medications could interfere with test results. The ordering provider should decide if any medications should be stopped and when they should be restarted. If clinically feasible, discontinue the following medications at least 48 hours prior to specimen collection:

-Acetaminophen (Tylenol or generic versions)

-Tryptophan containing supplements

2. For 48 hours prior to urine collection, the patient should:

Limit the following to one serving per day:

- Fruit

-Vegetables

-Nuts

-Caffeinated beverages or food

Supplies: Urine Tubes, 1 mL (T068)

Container/Tube: Plastic, 10-mL urine tube

Specimen Volume: 5 mL

Collection Instructions: 1. Collect a random urine specimen
2. Store and send refrigerate

Minimum Volume: 1 mL

Specimen Stability Information:

Specimen Type	Temperature	Time
Urine	Refrigerated (preferred)	56 days
	Frozen	365 days

Cautions:

Intake of food with a high content of serotonin (avocados, dates, eggplant, all fruit [including bananas, cantaloupe, grapefruit, kiwifruit, melons, pineapple, plantains, plums], all nuts [including hickory nuts, butternuts, pecans, walnuts], and tomatoes and tomato products) within 48 hours of the urine collection could result in falsely elevated 5-hydroxyindoleacetic acid (5-HIAA) excretion.

Numerous drugs affect the excretion of 5-HIAA by different mechanisms, including increased serotonin synthesis, metabolism, and release and inhibition of uptake. The following medications can interfere with 5-HIAA results.

-Acetaminophen (Tylenol or generic versions)

-Tryptophan containing supplements

Patient should also avoid caffeinated beverages such as tea and coffee or caffeinated foods, such as dark chocolate, for 48 hours before and during specimen collection.

CPT Code:

83497

Day(s) Performed: Monday through Friday

Report Available: 2 to 4 days

Reference Values:

5-HIAA, mg/g creatinine 99 th percentile cutoff			5-HIAA, mg/g creatinine 99 th percentile cutoff		
Age	Female	Male	Age	Female	Male
< or =23 months	< or =17.53	< or =16.42	46 years	< or =6.26	< or =4.63
24-35 months	< or =17.07	< or =15.96	47 years	< or =6.40	< or =4.75
3 years	< or =16.70	< or =15.60	48 years	< or =6.55	< or =4.86
4 years	< or =16.03	< or =14.93	49 years	< or =6.71	< or =4.99
5 years	< or =15.26	< or =14.17	50 years	< or =6.86	< or =5.11
6 years	< or =14.40	< or =13.34	51 years	< or =7.01	< or =5.24
7 years	< or =13.47	< or =12.43	52 years	< or =7.15	< or =5.37
8 years	< or =12.52	< or =11.52	53 years	< or =7.29	< or =5.51
9 years	< or =11.58	< or =10.63	54 years	< or =7.41	< or =5.64
10 years	< or =10.67	< or =9.79	55 years	< or =7.52	< or =5.78
11 years	< or =9.81	< or =9.00	56 years	< or =7.62	< or =5.91
12 years	< or =9.02	< or =8.29	57 years	< or =7.71	< or =6.05
13 years	< or =8.32	< or =7.65	58 years	< or =7.80	< or =6.17
14 years	< or =7.70	< or =7.08	59 years	< or =7.88	< or =6.29
15 years	< or =7.16	< or =6.59	60 years	< or =7.95	< or =6.41
16 years	< or =6.72	< or =6.15	61 years	< or =8.02	< or =6.51
17 years	< or =6.36	< or =5.78	62 years	< or =8.09	< or =6.60
18 years	< or =6.08	< or =5.45	63 years	< or =8.15	< or =6.69
19 years	< or =5.88	< or =5.17	64 years	< or =8.21	< or =6.76
20 years	< or =5.73	< or =4.93	65 years	< or =8.28	< or =6.82
21 years	< or =5.64	< or =4.73	66 years	< or =8.34	< or =6.88
22 years	< or =5.59	< or =4.55	67 years	< or =8.40	< or =6.93
23 years	< or =5.57	< or =4.40	68 years	< or =8.46	< or =6.97
24 years	< or =5.57	< or =4.28	69 years	< or =8.52	< or =7.00
25 years	< or =5.58	< or =4.19	70 years	< or =8.58	< or =7.03
26 years	< or =5.61	< or =4.11	71 years	< or =8.65	< or =7.06
27 years	< or =5.64	< or =4.06	72 years	< or =8.71	< or =7.08
28 years	< or =5.67	< or =4.03	73 years	< or =8.77	< or =7.10
29 years	< or =5.70	< or =4.02	74 years	< or =8.82	< or =7.11
30 years	< or =5.72	< or =4.01	75 years	< or =8.86	< or =7.11
31 years	< or =5.75	< or =4.02	76 years	< or =8.90	< or =7.11
32 years	< or =5.77	< or =4.03	77 years	< or =8.92	< or =7.10
33 years	< or =5.78	< or =4.05	78 years	< or =8.93	< or =7.09
34 years	< or =5.79	< or =4.06	79 years	< or =8.93	< or =7.07
35 years	< or =5.80	< or =4.08	80 years	< or =8.92	< or =7.05
36 years	< or =5.80	< or =4.09	81 years	< or =8.90	< or =7.02
37 years	< or =5.80	< or =4.11	82 years	< or =8.88	< or =7.00
38 years	< or =5.80	< or =4.12	83 years	< or =8.86	< or =6.98
39 years	< or =5.81	< or =4.14	84 years	< or =8.85	< or =6.97
40 years	< or =5.82	< or =4.17	85 years	< or =8.84	< or =6.95
41 years	< or =5.85	< or =4.22	86 years	< or =8.84	< or =6.94
42 years	< or =5.89	< or =4.27	87 years	< or =8.84	< or =6.94
43 years	< or =5.95	< or =4.35	88 years	< or =8.84	< or =6.94
44 years	< or =6.04	< or =4.43	>or= 89 years	< or =8.85	< or =6.93
45 years	< or =6.14	< or =4.53			

Questions:

Contact MCL Referrals Supervisor Amy Bluhm at 800-533-1710.