

## 5-HIAA (5-Hydroxyindoleacetic acid), Plasma

**Test ID:** FHIAA

**Explanation:** Effective 05/25/2023, test ID FHIAA, referred to Inter Science Institute, will be obsolete due to availability of in-house Mayo test ID HIAAP.

**Recommended Alternative Test:**

### 5-Hydroxyindoleacetic Acid, Plasma

**Test ID:** HIAAP

**Useful for:**

Biochemical diagnosis and monitoring of intestinal carcinoid syndrome using a plasma specimen.

**Ordering Guidance:**

This test quantifies 5-hydroxyindoleacetic acid in plasma specimens and is comparable to testing on 24-hour and random urine specimens for the diagnosis and monitoring of intestinal carcinoid syndrome.

**Methods:**

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

**Reference Values:**

< or =30 days: < or =100 ng/mL

>30 days: < or =30 ng/mL

## Specimen Requirements:

<b>Preferred:</b>	Green top (sodium heparin)
<b>Acceptable:</b>	Lavender top (EDTA)
<b>Specimen Volume:</b>	0.5 mL
<b>Collection Instructions:</b>	1. Centrifuge at 4 degrees C. 2. Aliquot plasma into plastic vial. 3. Send plasma frozen.
<b>Minimum Volume:</b>	0.2 mL

## Specimen Stability Information:

Specimen Type	Temperature	Time
Plasma	Frozen (preferred)	60 days
	Refrigerated	72 hours

## 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 walnuts, hickory nuts, butternuts, pecans], and tomatoes and tomato products) within 24 hours of the plasma 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

## CPT Code:

83497

**Day(s) Performed:** Monday, Wednesday, Friday    **Report Available:** 3 to 6 days

## Questions:

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