



PATIENT INSTRUCTIONS

Histamine / Methylhistamine 24 Hour Urine Collection

Caution: Acid Preservative has been added to the container.

- Store container out of reach of children.
- Do not discard acid preservative in container before commencing collection.
- Do not pass urine directly into the 24 hour urine container.
- Pass urine into another clean container first, for example an ice cream container or glass jar, then transfer the urine into the 24 hour urine container.

GENERAL INSTRUCTIONS

- Plan to start collecting urine at a certain time of day eg. 8am.
- At the starting time, pass urine and discard directly into toilet.
- From this point onwards, collect all urine in a clean plastic container, and then pour it into the specially provided collection bottle containing acid preservative.
- Collect all urine for the next 24 hours finishing at the same time as the collection started. Store sample during collection period in a cool place avoiding direct sunlight.
- When completed, return the sample to the nearest Healthscope Collection Centre.

SPECIAL REQUIREMENTS

- List all medications on the pathology request form.
Do not discontinue your medications.
- The special diet below must be followed for 24 hours prior to and during the test. **Foods allowed are listed on the following page.**

(Continued on next page)

EQUIPMENT

24 Hour Urine Container with Acid Additive

Available from any
Healthscope Collection
Centre

For more information:

If you have any questions or would like to know the location of your nearest Healthscope Collection Centre, please call 1300 453 688.

Visit

*www.healthscopepathology.com.au
for an easy search by postcode to find your nearest collection centre.*

If you have any questions
or require further information,
please contact our
Customer Service Centre.

1300 453 688



AVOID THE FOLLOWING FOODS:

FRUIT: Bananas, canned and fresh pineapple, plums, grapes, kiwifruit, cherries, blueberries, raspberries, strawberries, blackcurrants, oranges and citrus fruits, guava, mango, passionfruit and dried fruit

JAMS: Except apricot

VEGETABLES: Tomatoes, mushrooms, avocado, spinach, broccoli, brussel sprouts, cauliflower, eggplant, broad beans, pickled vegetables (eg. sauerkraut)

ALL NUTS & SEEDS: Including peanut butter and tahini

DAIRY: All cheese and cheese spreads, yoghurt flavoured with nuts, muesli containing nuts or above fruits, chocolate yogo, banana, strawberry and chocolate flavoured milk, fruit smoothies

ALL FISH & SEAFOOD: Including canned, dried and salted fish and seafood

CHOCOLATE, COCOA & MILO

ALL PROCESSED MEATS: eg. Devon, salami, sausages, ham, chicken loaf, turkey loaf

CHUTNEYS: Malted or coloured vinegar, mayonnaise, tartare sauce

FERMENTED FOODS: Yeast extracts (eg. Marmite, Vegemite, fish paste, fish sauce, soy sauce, meat gravy)

ALCOHOL: All wine and beer (all fermented beverages)

THE FOLLOWING FOODS ARE ALLOWED:

BREAD & CEREALS: All plain bread and breakfast cereals, whole meal and white flour products except those containing nuts, seeds, fruit, flavourings or fillings listed on page 1

FRESH FRUIT: Apples, pears, apricots, peaches, rockmelon, and watermelon only

VEGETABLES: All fresh vegetables not listed on page 1

COCONUT & COCONUT MILK

DAIRY: Fresh milk, fresh cream, vanilla yoghurt, plain ice cream and custard, strawberry yogo (contains artificial strawberry flavouring and no strawberries)

MEAT & CHICKEN: Freshly prepared

SUGAR: Brown or white

SPREADS: Apricot jam and honey

CLEAR VINEGAR

VANILLA & NUTMEG

POWDERED STOCK: eg. For gravy, may be used only if freshly prepared

DRINKS: Milk, milkshakes (vanilla, coffee, plain or caramel flavoured), lemonade, tea, coffee

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