

Collection of 24 Hour Urine for Histamine/Methylhistamine

Equipment

- 24 Hour Urine Collection Container with Acid Additive. Available from any Clinical Labs Collection Centre.

Caution

- The fluid in the container is an acid preservative.
- First aid instructions are on the container.

Special Requirements

- Because of the additive in the container, do not pass urine directly into the container.
- Pass urine into another container first, for example, a clean ice cream container or glass jar and then transfer the urine into the 24 hour container. Be careful not to get the preservative on your hands.
- 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.

Continued on next page

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Procedure

- Commence collection early in the morning and record this time on the label of the 24 hour container provided.
- **Completely empty your bladder at this time and discard the urine (pass the urine into the toilet).**
- During the next 24 hours, collect all urine passed into a clean container using the technique described above in “Special Requirements”.
- **Exactly 24 hours after the starting time, empty your bladder into a clean container and then transfer the urine into the 24 hour container using the technique described above in “Special Requirements”. The collection is now complete.**
- Record the completion time on the label of the 24 hour container.
- Store the sample in a cool place during the collection period, avoiding direct sunlight.
- ***Write your surname, first given name, date of birth and the date/time of collection on the container label.***
- Please deliver the completed sample to the Clinical Labs Collection Centre as soon as possible.
- The collection staff will check your details (surname, first given name, date of birth and date/time of collection on the container label) against the pathology request form to ensure the sample is matched to the doctor’s request. This is done to ensure the safety and security of the reporting of your results.

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Avoid the following foods

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| FRUIT | Bananas, canned and fresh pineapple, plum, grapes, kiwifruit, avocado, cherries, blueberries, raspberries, strawberries, blackcurrants, oranges, guava, mango, passionfruit, dried fruit. |
| JAMS | All except apricot. |
| VEGETABLES | Tomatoes, mushrooms, spinach, broccoli, brussel sprouts, cauliflower, eggplant, broadbeans, pickled vegetables e.g. sauerkraut. |
| ALL NUTS & SEEDS | All including peanut butter and tahini. |
| DAIRY | All cheeses 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 | All including canned, fried and salted fish and seafood. |
| CHOCOLATE | All forms including Cocoa and Milo. |
| ALL PROCESSED MEATS | All including devon, salami, sausages, ham, chicken loaf, turkey loaf. |
| CONDIMENTS | All chutneys and also malted or coloured vinegar, mayonnaise & tartare sauce. |
| FERMENTED FOODS | Yeast extracts e.g. Marmite, Vegemite, fish paste, fish sauce, soy sauce, meat gravy. |
| DRINKS | All wine and beer (all fermented beverages). Juices of all fruit listed above. |

The following foods are allowed

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| RICE | Brown or white, rice cakes – avoid any rice product containing nuts, seeds, fruit or flavouring as listed above. |
| BREAD & CEREALS | All plain bread and breakfast cereals, whole meal and white flour products except those containing nuts, seeds, fruit, flavourings or fillings as listed above. |
| PASTA | Including spaghetti or noodles. Avoid those containing nuts, seeds, fruit, flavouring or fillings as listed above e.g. avoid ravioli and coloured pastas. |
| FRESH FRUIT | Apples, pears, apricots, peaches, rockmelon, watermelon. |
| VEGETABLES | All fresh vegetables not listed above. |
| COCONUT | Including coconut milk. |
| CONFECTIONERY | Brown or white sugar. Boiled and jelly sweets. |
| DAIRY | Fresh milk, fresh cream, vanilla yoghurt, plain ice cream and custard, (artificial) strawberry yogo. |
| MEATS | All freshly prepared meats. |
| EGGS | Whole eggs, egg white and yolk are allowed. |
| SPREADS | Apricot jam and honey. |
| CONDIMENTS | Clear vinegar, vanilla, nutmeg, powdered stock (e.g. for gravy) may be used only if freshly prepared. |
| DRINKS | Milk, milkshakes (vanilla, coffee, plain or caramel flavoured), lemonade, tea, coffee, apple juice. |