

PATIENT INSTRUCTION

24 HOUR URINE COLLECTION DIET FOR THE ESTIMATION OF HISTAMINE

- This is a test diet used for urinary histamine/methyl histamine estimation.
- You must follow the guidelines below for 24 hours prior to AND DURING the collection of a 24 hour urine specimen.

| Food Group | Choose | Avoid |
|--------------------|--|--|
| Meat/Poultry/Fish | Freshly prepared chicken (skin removed, no stuffing), lamb, beef, turkey, veal. Fresh white fish | All processed or aged meats (bacon, ham, pork, devon, salami, sausages, silverside) All other fish and seafood including tinned, dried, frozen and salted |
| Legumes/Nuts/Seeds | Fresh and dried peas, beans and lentils | All nuts |
| Breads and Cereals | All plain bread and rice cakes All plain pasta and rice Plain breakfast cereals (rolled oats, Corn flakes, Weet-bix, Rice Bubbles) | Savoury rice, breakfast cereals with added fruit. |
| Vegetables | All except those listed opposite | Tomatoes, mushrooms, spinach, broccoli, choy sum, cauliflower, eggplant, broad beans, pickled vegetables, nori, seaweed, truffles, olives, gherkin, rocket, lettuce. |
| Fruit | Fresh or canned apples and pears | Bananas, pineapple, grapefruit, plums, grapes, avocado, mandarins, kiwifruit, cherries, |

| | | blueberries, raspberries, blackcurrants, citrus fruits, prunes, mango, passionfruit, dried fruit, paw paw, figs, jackfruit, dates |
|------------------------|---|--|
| Food Group | Choose | Avoid |
| Dairy | Fresh plain milk, cream, ice-cream and custard Ricotta and cottage cheese Plain or vanilla yoghurt and Fruche | All cheese except ricotta and cottage cheese. Flavoured milk and milkshakes Yoghurts with fruits, muesli or nuts Chocolate desserts, desserts containing fruits from avoid list, cocoa and milo |
| Eggs | Plain eggs | Omelettes with tomato/mushroom/ham/spinach etc. |
| Beverages | Water, tea, coffee, lemonade, apple, pear, tomato or vegetable juice | Cordial, soft drinks, beer, wine, liqueurs, cider cocoa, chocolate milks, all fruit juice except apple/pear, tomato/vegetable juice, Bonox, Bovril |
| Spreads/ Condiments | Salt, pepper, spices, herbs, garlic, sugar | Peanut butter, mayonnaise, vegemite, marmite, soy sauce, teriyaki, fish sauce, sauce mixes, vinegar, pickles, chutneys, relishes, stock cubes, jams and preserves made from fruits and vegetables |
| Fats and Oils | Butter, margarine, canola/safflower/sunflower oils | Olive oil, sesame oil, walnut oil, peanut oil, salad dressings with vinegar/mayonnaise |
| Snacks | Plain sweet biscuits Plain savoury and cracker biscuits | Chocolate, biscuits containing fruits |

Reference:

Therapeutic Diet Specifications for Adult Inpatients, 2011. NSW Agency for Clinical Innovation

Collection Centre locations are listed on the back of your request form.

For further enquiries, please contact:

Northern NSW: Lismore: 02 6620 2900, Grafton: 02 6640 2234, Tweed: 07 5506 7425

Hunter New England - New England: 1300 654 303 Hunter: 02 4921 4000 Taree: 02 6592 9343

Mid North Coast: Coffs Harbour: 02 6656 7500, Kempsey: 02 6562 0281,

Central Coast: 02 4320 3375

Northern Sydney: 02 9926 4111

Prepared by the Nutrition Services, Royal North Shore Hospital, NS