



# Patient Information Sheet

## Low Hydroxyproline (low collagen) Diet

### No appointment is necessary for this test

Your doctor has referred you to have a hydroxyproline measurement.

#### Description

This test requires a special diet to be followed prior to your urine collection. The diet is used to restrict hydroxyproline intake during the urine collection.

This diet should be started 72 hours prior to your urine collection.

#### Avoid

- Meat and meat products including soups, sauces and casseroles made with meat or gravy
- Poultry
- Fish
- Chocolate
- Foods containing gelatine including mayonnaise, jelly, ice-cream, sherbets

#### Test

- Fast on the morning of collection (you may consume water).
- Pass your first morning urine specimen into the toilet.
- Continue fasting (water only).
- Label the container with your full name, date of birth, date and time of collection.
- Pass your second urine specimen into the container provided until it is 1/3 full. Finish passing the rest of urine into the toilet. It is important not to touch the inside of the container or the lid.
- Please ensure lid is on correctly and tightly screwed down to avoid spillage, and place in plastic bag for delivery.
- Please deliver to your most convenient collection centre as soon as possible. Refrigerate.

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**For further information or to make an appointment, please contact your nearest Collection Centre**

Updated Collection Centre details may be found:

- On the reverse of your request form
- Website: [www.capitalpath.com.au](http://www.capitalpath.com.au)
- Phone: 02 6285 9800