



Patient Information Sheet

Diet for Urinary Histamine Testing

No appointment is necessary for this test

Your doctor has referred you to have a Urinary Histamine estimation.

The diet must be followed for 24 hours prior to and also during the course of urine collection.

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, tomato, dried fruit. Jams except apricot.

Vegetables

Mushrooms, avocado, spinach, broccoli, brussel sprouts, cauliflower, eggplant, broad beans, pickled vegetables e.g. sauerkraut

Nuts

All Nuts and 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.

Seafood

All Fish and Seafood Including canned, dried and salted fish and seafood

Cocoa

Chocolate, Cocoa and Milo

All Processed Meats and Pickles

Devon, salami, sausages, ham, chicken loaf, turkey loaf

Chutneys, malted or coloured vinegar, mayonnaise, tartare sauce

Fermented Foods

Yeast extracts e.g. Marmite, Vegemite, fish paste, fish sauce, meat gravy

Alcohol: All wine and beer (all fermented beverages)



The following foods are allowed:

Bread and Cereals

All plain bread and breakfast cereals, wholemeal and white flour products except those containing nuts, seeds, fruit, flavourings or fillings listed above.

Fresh Fruit

Apples, pears, apricots, peaches, rockmelon, watermelon ONLY

Vegetables

All fresh vegetables not listed above including 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 and chicken

Freshly prepared meats only

Spreads

Apricot jam and honey

Drinks

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

Miscellaneous

Sugar Brown or white

Salicylates and Bronchodilators should not be taken during collection. If unavoidable, record usage on request form.

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
- Phone: 02 6285 9800