Collection of 24 Hour Urine for Histamine/Methylhistamine

Equipment

- 24 Hour Urine Container available from any Australian 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.**

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”.
- Record the completion time on the label of the 24 hour container.
- Store sample during collection time in a cool place 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 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.

Avoid the Following Foods

FRUIT	Bananas, canned and fresh pineapple, plums, grapes, kiwifruit, cherries, blueberries, raspberries, strawberries, blackberries, 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 vegetable (e.g. Sauerkraut)
ALL NUTS & SEEDS	Including peanut butter and tahini
DAIRY	All cheese and cheese spreads, yoghurt flavoured with nuts, muesli containing nuts or the above fruits, chocolate yogo, banana, strawberry, dried and salted fish and seafood
ALL FISH & SEAFOOD	Including canned, dried and salted fish and seafood
CHOCOLATE, COCOA & MILO	
ALL PROCESSED MEATS	Devon, salami, sausages, ham, chicken loaf, turkey loaf
CHUTNEYS	Malted or clouded vinegar, mayonnaise, tartare sauce
FERMENTED FOODS	Yeast extracts (e.g. 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, wholemeal and white flour products except those containing nuts, seeds, fruit, flavourings and fillings listed above
FRESH FRUIT	Apples, pears, apricots, peaches, rockmelon and watermelon only
VEGETABLES	All fresh vegetables not listed in foods to avoid
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	For gravy, may be used only if freshly prepared
DRINKS	Milk and milkshakes (vanilla, coffee, plain or caramel flavoured), lemonade, tea, coffee)

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