

## HISTAMINE URINE

## PATIENT INSTRUCTIONS

This test requires pre-approval by a Chemical Pathologist  
SUPPLEMENT PAGE TO 24 Hour Urine Test

### Preparation:

The following foods interfere with the estimation and should be avoided for 24hrs prior to and during the collection.

#### **Aged, fermented, or preserved foods:**

Aged cheeses (cheddar, parmesan, blue cheese)  
Cured or smoked meats (salami, ham, bacon)  
Fermented foods (sauerkraut, kimchi, soy sauce, miso)  
Pickled foods and vinegar

#### **Alcoholic beverages:**

Red wine, beer, champagne, sherry

#### **Certain fish:**

Canned, smoked, or pickled fish (tuna, mackerel, sardines)  
Fish that is not very fresh (histamine forms in spoiled fish)

#### **Other foods:**

Tomatoes, spinach, eggplant, avocado  
Chocolate, nuts (especially walnuts, cashews, peanuts)  
Certain citrus fruits (oranges, lemons, limes, grapefruits)

#### **Medications or supplements:**

Some antihistamines, diuretics, and fermented probiotic supplements can interfere—follow your doctor's instructions.

### Collection Procedure

See 24-hour urine instruction handout

***Your results can only be obtained from the requesting doctor***

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Please refer to our website for additional information  
[www.pathlab.co.nz](http://www.pathlab.co.nz)

or alternatively contact  
07 858 0795