

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

Please refer to our website for additional information
www.pathlab.co.nz

or alternatively contact
07 858 0795