

Diet Restrictions for Urinary Hydroxyproline Estimation

A hydroxyproline measurement has been requested by your doctor. This test requires a special diet to be followed before collection. If you were not given a urine container by your doctor or clinic, you can pick one up from our collection centres listed below.

For 24 HOURS BEFORE YOU START THE COLLECTION please avoid the following foods: **Meat and meat products, gravy, fish and poultry products, chocolate, cocoa, foods containing gelatines (jelly, ice cream and all aspics).**

You are to fast from 8.00pm on the night before collection. Empty the bladder upon waking. The urine for analysis should be collected into a yellow-top urine container approximately 1-2 hours after first emptying the bladder.

Please remember, we are here to help you. For further information please contact one of the collection centres listed below.

ACT Pathology Collection Centres

- The Canberra Hospital - Ph 5124 2816
Mon - Fri 7.30 - 5.30
Saturday 8.30 - 12.15
 - University of Canberra Hospital - Ph 5124 0230
Mon - Fri 8.00 - 4.15
 - Belconnen Health Centre- Ph 5124 1502
Mon - Fri 8.00 - 5:00
 - Gungahlin Health Centre - Ph 5124 1135
Mon - Fri 7.30 - 4.30
Saturday 8.30 - 12.30
- Tuggeranong Health Centre - Ph 5124 1352
Mon - Fri 8.00 - 5.00
Saturday 8:30-12:00

Phone 02 5124 2932 Fax 02 5124 2815
actpathology@act.gov.au
www.health.act.gov.au/services/act-pathology
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