

## Special Diet Instructions for Histamine and/or 5HIAA Measurement

A 5HIAA measurement has been requested by your doctor. This test requires a special diet to be followed before and during the collection. Please consult your doctor if you are on *ANY MEDICATION* while having this test.

If you were not given a container by your doctor or clinic, you can pick one up from one of the collection centres listed below. The container has specific instructions for collection on the label, please follow them closely.

For 24 HOURS BEFORE YOU START THE COLLECTION AND FOR THE WHOLE TIME THAT YOU ARE COLLECTING URINE please do not eat any of the items listed below or any food or drink containing these items.

**Broccoli, Cauliflower, Brussel Sprouts, Egg Plants, Mushrooms, Citrus Fruits and Tomatoes (including juices), Bananas, Avocados, Plums, Passionfruit, Pineapple, Alcohol (wine and beer), Processed meats (loaves, devons, salami, sausages, ham), Fish, Seafood, Nuts, Seeds, Berries and Caffeine (including products containing chocolate).**

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 8.00-14.15
- Gungahlin Health Centre - Ph 5124 1135  
Mon - Fri 7.30 - 4.30  
Saturday 8.30 – 12.30
- Belconnen Health Centre - Ph 5124 1502  
Mon - Fri 8.00 - 5.00
- 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](mailto:actpathology@act.gov.au)

[www.health.act.gov.au/services/act-pathology](http://www.health.act.gov.au/services/act-pathology)

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