

## Diet Restrictions for Serotonin Measurement

A serotonin measurement has been requested by your doctor. This test requires a special diet to be followed before and during the collection.

If you were not given a container by your doctor or clinic, you can pick one up from our collection centres listed overleaf. 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 avoid the following:**

FRUIT	bananas, pineapple, citrus fruits, guava, mango, passionfruit, avocado, dried fruits
JAMS	all except apricots
VEGETABLES	tomatoes, broad beans, mushrooms, spinach, broccoli, Brussel sprouts, cauliflower, eggplant, pickled vegies and sauerkraut
NUTS & SEEDS	all, including peanut butter and tahini
DAIRY	all cheese/cheese spreads, flavoured yoghurt, flavoured milk, and fruit smoothies
SEAFOOD	all including canned, dried and salted fish and seafood
COCOA	includes chocolates and Milo/Ovaltine etc.
PROCESSED MEATS	include Devon, salami, sausages, ham, and chicken/turkey loaf
CHUTNEYS	malted or coloured vinegar, mayonnaise, tartare sauce
FERMENTED FOODS	Marmite, Vegemite, fish paste, fish sauce, soy sauce, gravy, all wine/beer (fermented beverages)

This list is adapted from the Royal Prince Alfred Hospital's recommendation to assist in accurate measurement.

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
- Gungahlin - 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
- University of Canberra- Ph 5124 0230  
Mon- Fri 8:00- 16:00

Phone 02 5124 2932 Fax 02 5124 2815  
actpathology@act.gov.au  
www.health.act.gov.au/services/act-pathology  
Gilmore Crescent Garran ACT 2605 PO Box 11 Woden ACT 2606

