

Procedure Name: VHSD – Patient Instructions – 24 Hour Urine Histamine
Originating Department: Virtus – Diagnostics – Hurstville Laboratory

24 HOUR URINE HISTAMINE

A Histamine free diet is required for 24 hours prior to and during the collection.

FOODS TO AVOID.

Preserved and processed food.

Wine

Beer

Cheese

Tropical fruit.

THANK YOU FOR YOUR CO-OPERATION
