

PATIENT INFORMATION SHEET

GENERAL INFORMATION

Your Doctor has requested a test which may be affected by various types of food and requires you to modify your diet, commencing **24 hours** prior to the collection and continuing for the full period of collection.

You will be given a separate sheet of instructions on how to collect the urine sample.

Foods to avoid prior to and during the collection

Fruits:	Oranges and citrus fruits, bananas, pineapple, plums, grapes, kiwifruit, cherries, strawberries, raspberries, blueberries, guava, mango, blackcurrants, passionfruit and dried fruit.
Dairy:	All cheese and cheese spreads, yoghurt flavoured with nuts and above fruits, muesli containing nuts and above fruits, chocolate yogo, banana, strawberry and chocolate flavoured milk and fruit smoothies.
Vegetables:	Tomatoes, tomato paste, tomato sauce, sauerkraut, eggplant, mushrooms, avocado, spinach, broccoli, brussel sprouts, cauliflower and broad beans.
Nuts:	All nuts and seeds including peanut butter and tahini.
Seafood:	All fish, squid etc including canned, dried and salted seafood.
Jams and Chutney:	All preserved foods, including mayonnaise, tartare sauce and malted or coloured vinegar. All jams except apricot.
Processed Meats:	Devon, salami, sausages, ham, chicken loaf and turkey loaf.
Alcohol:	All wine and beer (all fermented beverages)
Spreads and fermented Foods:	Yeast extracts eg, Vegemite, Marmite, Soy sauce, fish paste.
Chocolate	All chocolate, cocoa and milo.

What is allowed

A plain diet of meat, chicken, most fresh vegetables, bread, butter, apples, pears, rockmelon, tea, coffee, lemonade, sugar, fresh milk, plain ice cream and yoghurt and cereals.

If you have any additional questions or require further information please contact one of our pathology collectors at the room you attended or the collection Co-ordinator at the Central Laboratory on **9736 7000**.