

PATIENT INFORMATION SHEET

Warning: Acid additive has been added to the container

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.

The following drugs may interfere with the results

Salicylates (Aspirin containing drugs)
Bronchodilators (asthma puffers such as Ventolin)
Phenothiazines
MAO inhibitors
L-Dopa
Contrast media (IVP)

Note: See your doctor for advice prior to stopping any regular medications.

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**.