

## HISTAMINE PATIENT INSTRUCTIONS

**It is important to follow these instructions carefully to ensure your test results are accurate.**

Instructions prior to 24hr collection of urine

The following foods interfere with the estimation and should be avoided for 24hrs prior to and during the collection.

- Cheese
- Yoghurt
- Sauerkraut
- Wine
- Tinned/canned fish.
  
- Avoid aspirin containing medication if possible
  
- A list of all drugs being taken must be included on the request form.

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If you have any problems, please contact one of the following:

Waikato  
07 858 0799

Bay of Plenty  
07 578 7073

Whakatane  
07 306 0906

Rotorua  
07 348 2106

Taupo  
07 376 5103  
07 376 1045