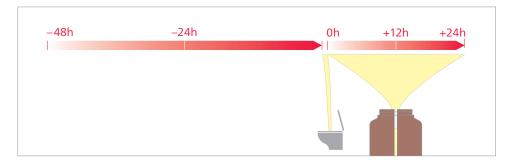


# Urine - chemistry analyses: dietary precautions

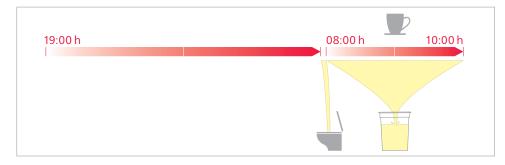


## Urine collection

Comply with diet requirement 48h before sampling start

#### Oxalic acid

forbidden – 48h	Rhubarb, tomatoes
forbidden – 24h	Cucumbers, chocolate, black tea, asparagus, spinach, vitamin C-containing preparations
5-OH indole acetic acid	d
forbidden – 24h	Pineapples, aubergines, avocados, bananas, capsaicin-containing foods (peppers, peperoncini, chili, pepper, tabasco), currants, coffee, kiwi, melons, mirabelles, nicotine, nuts, plums, chocolate, black tea, gooseberries, tomatoes, vanilla-containing foodstuffs, prunes



### Urine collection

On day before starting the collection: supper before 19:00 h according to dietary precautions

#### Calcium

forbidden l	before 19:00 h	Ice cream, yogurt, cheese, jam, milk, pudding, cottage cheese, cream, candy, sugar
permitted		2 x tea without milk between 08:00 h and 10:00 h
		Beans, bread, eggs, peas, potatoes, fruit, vegetable salad, salad dressings (without bouillon and without dairy ingredients)