



PATIENT INSTRUCTIONS - LOW PURINE DIET

Protocol

While you are following your usual diet and alcohol consumption, a 24 hour urine is collected. At the end of this period which reflects normal purine metabolism, a blood sample is taken. A low purine diet is then followed for 6 days. During the last day, another 24 hour urine is collected together with a further blood test.

The low purine diet includes most sugars, starches and fats. Protein is supplied chiefly by eggs and cheese, and partly by bread, fruit and nuts.

Please maintain your usual fluid intake.

There is no restriction on the amount of food taken. Foods should be selected from the following:

1. Refined cereals and cereal products; white bread, pasta, flour, arrowroot, sago, tapioca and cakes.
2. Milk, milk products and cheese; eggs.
3. Sugar and sweets; gelatin.
4. Butter, polyunsaturated margarine and fats of any kind.
5. Fruits, nuts, peanut butter.
6. Lettuce, tomatoes and green vegetables (except those listed below).
7. Vegetable and cream soups - to be made with allowed vegetables, but without meat or meat stock (see below).
8. Beverages: Water, fruit juice, cordials, carbonated drinks, tea, coffee and cocoa.

None of the following foods should be eaten during the six days of the low purine diet.

1. Meats, poultry or other flesh; fish, seafood, sardines, herrings, anchovies.
2. Liver, kidney, heart, sweetbread, brains.
3. Meat extract, gravy, vegemite, marmite.
4. Yeast and beer products; beer, alcohol.
5. Beans, peas, lentils, spinach (silverbeet), oatmeal, asparagus, cauliflower, mushrooms.

Barratt & Smith Pathology

31 Lawson Street • Penrith • NSW 2750 • Australia
Tel (02) 4734 6500 • Fax (02) 4732 2503
Mail Address • PO Box 443 • Penrith • NSW 2751 • Australia

Douglass Hanly Moir Pathology

14 Giffnock Avenue • Macquarie Park • NSW 2113 • Australia
Tel 98 555 222 • Fax 9878 5077
Mail Address • Locked Bag 145 • Macquarie Park • NSW 1670 • Australia