

## STOOL COLLECTION

## Patient Instructions

### *Fecal Fat Test*

Obtain from the laboratory a large metal dry, clean, leak-proof stool container



### *Instructions for Collection:*

1. The collection period for this test is 72-hours
2. For at least 3 days prior to collection, the patient should be on a fat-controlled diet of 50-150 grams of fat per day.
3. Avoid using antacids, barium, bismuth, antibiotics, anti-amebics, anti-diarrheal medication or oily laxative prior to collection of the specimen.
4. Do not ingest synthetic fat substitutes (eg, Olestra) or fat-blocking nutritional supplements.
5. Avoid contaminating the stool specimen with urine or water during collection.
6. Collect the specimen in a clean, dry container. Use the white collection bucket given to you. You may also use a bedpan, large clean plastic container, or place a large plastic bag into a waste basket to catch the specimen.
7. Transfer the entire bowel movement to the metal stool container.
8. Label the container (not the lid) with patient name, date of birth, date collection begins, and length of collection period.
9. FREEZE the specimen. Keep the stool specimen container frozen during the entire collection period.
10. At the end of the collection period, promptly transport the frozen specimen on ice to the laboratory.