



Collection Procedure for Fecal Fat Studies

Fecal Fat, Quantitative

- ✓ Follow physician instructions for time period of collection – 24, 48, or 72 hours. You should be on a diet including 100 grams of fat per day for three days prior to collection and during collection.
- ✓ You will be provided with a one-gallon container or plastic jar with a tight lid. Specimens collected in a metal paint can will be rejected.
- ✓ Pass stool into a separate collection container and transfer **or** collect directly into the container provided. Take care not to contaminate the stool with urine or toilet water. If collected in a diaper, line the diaper with plastic prior to avoid absorption.
- ✓ Before submission, check the container to make sure it is tightly closed and label with your first and last name, the date and time collected, and the total collection time – 24, 48, or 72 hours. Place the containers into the specimen bag and refrigerate or place on ice until transported to the laboratory.
- ✓ Thoroughly wash your hands and discard all supplies in the trash.
- ✓ Return the container to the laboratory with any accompanying paperwork as soon as possible after completion of collection.

Fecal Fat, Qualitative

- ✓ You should be given a clean, screw top container for collection. Pass a small amount of fresh stool into a clean, dry container. Take care not to contaminate the stool with urine or toilet water. If collected in a diaper, line the diaper with plastic prior to avoid absorption. Do not ingest castor oil or mineral oil prior to collection.
- ✓ Open the container and using a wooden stick, place small scoops of stool into the container.
- ✓ Before submission, check the container to make sure it is tightly closed and label with your first and last name and the date and time collected. Place the containers into the specimen bag and refrigerate or place on ice until transported to the laboratory.
- ✓ Thoroughly wash your hands and discard all supplies in the trash. Excess specimen should be discarded in the toilet.
- ✓ Return the containers to the laboratory with any accompanying paperwork as soon as possible.