

Instructions for Random, 24, 48, and 72 hours Stool Collection for Fecal Fat

Preparation:

- For **3 days** prior to and during the collection period:
 - Maintain a fat-controlled diet (100-150g fat per day)
 - No laxatives (particularly mineral oil and castor oil).
 - No synthetic fat substitutes (e.g. Olestra) or fat-blocking nutritional supplements.
- The use of diaper rash ointments will falsely elevate test results. Discontinue use during collection period.
- Barium interferes with test procedure; a waiting period of 48 hours before stool collection analysis is recommended.

Collection:

- Obtain Stool Collection Container(s) to collect stool sample.
- Label your container(s) with:
 - Your full name
 - Your date of birth
 - **Date and time of collection** – for multi-day collections, write the date and time of start through the date and time of completion.
- For 24-, 48-, or 72-hour collections: the collection period begins when you get up in the morning even if you do not defecate at this time.
- These specimens may be collected at home. Collect specimens in the large white container (hat) provided by the laboratory. Do not allow stool to fall into the toilet or become contaminated with water. Transfer entire specimen into lidded container provided.
- For random collections, a minimum of 5g is required
- Place the specimen(s) in the transport bag provided and promptly return to the lab for testing.
- Specimens should be refrigerated during collection period for 24, 48, and 72 hour collections and until specimen can be brought to the lab. Ideally, the specimen(s) should arrive at the lab within 4 hours of the last collection.