

 Eastern Health Laboratory Medicine	<b>Section:</b> Management System\Eastern Health\Client Services\Collection Manual\	
	<b>Title:</b> Collecting a 72 Hour Stool for Fecal Fat	<b>Number:</b> 11767
		<b>Version:</b> 2.0
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## Before Collecting:

- Your collection kit should include two plastic containers and a toilet adapter.
- Follow the dietary instructions provided in these instructions as a guide.
- Collect sample during the last 3 days of the 5 day food record.
- Do not use laxatives, including mineral oil and castor oil during specimen collection.
- Do not take fat-blocking nutritional supplements.
- Do not eat synthetic fat substitutes such as Olestra.

## How to collect the samples:

- Collect **all** stool passed for a 72 hour period (3 day).
- *Collect* your stool specimens into the pre-weighed containers available for pick up at Specimen Collection Sites.
- Lift the toilet seat. Place the plastic holder across the rim of the toilet bowl so the shorter supports are at the back of the toilet bowl and the longer supports are in the middle of the toilet bowl.
- Remove the cap from the collection container.
- Place the container in the hole of the holder.
- Put the toilet seat down. Depending on the water level in the toilet and the shape of the toilet seat, the collection container may float and rise.
- After your bowel movement, remove the collection container. Screw the cap onto the container and wipe dry the outside of the container.
- Add stool to either of the two collection containers if you have more than two bowel movements during the specified time period.
- Keep the closed collection container in the refrigerator to lessen the odor. This will not affect your results.
- When your collection is complete, make sure you have screwed the cap evenly and tightly onto the collection container. Discard the toilet adapter. Label containers (1 of 1, 2 of 2).
- It is important to clearly label the collection containers with your full first and last name and Personal Health Number or Personal Identification Number (e.g. Refugee, Immigration, Passport etc.) as well as start and finish date and time of the stool collection period.
- Write the **START** and **FINISH** date, time the specimen was collected and the patient's age on the requisition.
- Bring the collection containers and the requisition to the laboratory the same day the test is finished. If the collection is done on a weekend (**KEEP COOL** and bring to the lab Monday morning).
- Place the collection container into plastic bag and seal.
- Hand the collection containers and requisitions to lab staff to ensure all collection requirements are met.

## Special Considerations:

- **For a baby**, stool from diapers is scrapped into the collection container using tongue depressor provided to you.

- **For a child** not in diapers-collect the stool in a container in the toilet bowl or from a potty. The amount of fat in a child's diet should be constant for one day before the test and during the test.
- **For an adult**, collect the stool directly into the collection container. Adult patients should be on a standard diet containing 50 to 150g of fat per day for at least three days before the test is started and during the 72 hour collection period.
- If during the collection time, a collection container is getting to be more than 2/3 full, obtain another container from the laboratory to complete the test.

***NOTE: Only stool should go into the collection container. Your sample will be rejected if foreign matter other than stool is placed in the container.***

### **Storage of the Collection Container:**

- Refrigerate specimen during the collection and store at 2 to 8 °C.
- Keep the lid of the collection container on tightly.
- Place the collection container into plastic bag and seal.

*Please read all of this material **before** you start your stool collection.*

**Samples not labelled correctly and/or do not have a complete requisition will not be processed. To ensure correct test results, follow instruction carefully.**

### **What to do after collecting the sample:**

- It is important to clearly label the collection containers with your full first and last name and Personal Health Number (MCP) as well as start and finish dates and times of the stool collection period.
- Write the **START** and **Finish** date, time the specimen was collected and the patient's age on the requisition.
- Bring the collection containers and the requisition to the laboratory the same day the test is finished. If the collection is done on a weekend **Keep Cool** and bring to the lab Monday morning.
- Hand the collection containers and requisition directly to lab staff.

### **How to prepare:**

Your physician has ordered a stool examination to test for fat absorption. A diet with a 100 gram intake of fat per day is recommended for this test. The diet should extend for a total of **6** days – **3** days before collection of your stools and the **3** days during collection.

If your physician advises you may keep a food diary of everything you eat during these 6 days including the amount so we can calculate exactly how much fat was consumed. Pay special attention to fat-containing foods such as meat, ice cream etc.

Try to eat according to Canada's Food Guide, but choose the high fat choices in each group. Choose your diet from the list below so that you eat approximately 100 grams of fat per day.

**Diet for 72 Hour Fecal Fat Collection**

Type of Food	Estimated grams of Fat	Type of Food	Estimated grams of Fat
<b>Milk and Milk Products</b>		<b>Fruits and Vegetables</b>	
½ cup 2% milk	<b>2</b>	Most fruits and vegetables contain negligible amounts of fat with the exception of avocados.	
½ cup whole milk	<b>4</b>	½ small avocado	<b>16</b>
½ cup ice cream (10% fat)	<b>7</b>		
¼ cup whipping cream	<b>6</b>		
1 oz cheddar cheese	<b>9</b>		
1 oz cottage cheese	<b>1.2</b>		
1 oz cream cheese	<b>10</b>		
<b>Breads and Cereals</b>		<b>Fat</b>	
Muffins (1)	<b>4</b>	5 ml (1 tsp.) 1 pattie butter/margarine	<b>5</b>
Bread (1 slice)	Negligible	1 tsp. Oil	<b>5</b>
1/6 single crust pie	<b>7</b>	1 Tbsp. Italian dressing	<b>5</b>
Pasta	<b>Negligible</b>	1 tsp. Mayonnaise	<b>5</b>
Cereal	Negligible	2 Tbsp. gravy	<b>5</b>
<b>Meat and Alternatives</b>			
Egg	<b>5</b>	10 peanuts	<b>5</b>
30 g (1 oz) lean meat or poultry	<b>3</b>	1 Tbsp. peanut butter	<b>7</b>
30 g (1 oz) luncheon meats (not light variety)	<b>5</b>		
30 g fish	Very low unless fried		
1 slice bacon	<b>4</b>		

**Sample Menu**

<b>DIET FOR 72 HOUR STOOL COLLECTION FOR FAT SAMPLE MENU</b>		
<b>Meal</b>	<b>Menu</b>	<b>Estimated Grams of Fat</b>
<b>Breakfast</b>	Toast with 1 tsp. margarine	<b>5</b>
	1 tbsp. peanut butter	<b>7</b>
	1 egg	<b>5</b>
	½ cup fruit juice	<b>0</b>
	1 cup whole milk	<b>8</b>
<b>Snack</b>	Muffin	<b>4</b>
	1 oz. cheese	<b>9</b>
<b>Lunch</b>	Bologna sandwich with 1 tbsp. mayonnaise	<b>10</b>
	1 tsp. margarine	<b>10</b>
	Fresh fruit	<b>5</b>
	1 cup whole milk	<b>0</b>
		<b>8</b>
<b>Dinner</b>	3 oz meat	<b>9</b>
	Salad with 1 tbsp. dressing	<b>5</b>
	Vegetables with 1 tsp. margarine	<b>5</b>
	Apple pie with ice cream	<b>14</b>
	1 cup whole milk	<b>8</b>
<b>Total</b>		<b>112</b>