

What could cause incorrect fecal fat test results?

- Contaminated stool with urine, toilet water, toilet paper, plastic wrap or any other foreign material
- Use of laxative, synthetic fat substitute (e.g. olestra) or fat-blocking nutritional supplements
- Use of oily rectal creams or suppositories
- Diet instruction not followed
- Use of diaper rash ointments for infants or young children
- ENTIRE collection not submitted to the laboratory.

For correct test results, follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the ordering of more tests which may be unnecessary.

Before collection:

- Talk to your physician about the length of collection period (random, 24 hours, 48 hours, or 72 hours) if not clear.
- Follow instructions on the **diet menu to eat a diet containing 100-150 grams 3 days prior to collection. Stay on the special diet until the completion of collection.** Refer to **Diet Menu** section of this document.
- Three days prior to and during the collection period:
 - No laxative (particularly mineral oil and castor oil)
 - No synthetic fat substitutes (e.g. olestra) or fat-blocking nutritional supplements
- **For infants or young children, a regular home diet should be taken if the diet formula cannot be followed; discontinue the use of diaper rash ointment during collection. The use of diaper rash ointments will falsely elevate test results.**

How to collect the samples:

- For 24-, 48-, or 72-hour collection, start the collection the beginning of the 3rd day of the special diet. Stay on the special diet until the completion of collection. Collect ALL stool passed during the respective collection period. Store the stool in the containers provided by the laboratory
- **For an infant**, stool from diapers is scraped into the plastic container. Be careful not to get diaper material into the collection can. A minimum of 5 grams of stool is required. It may be necessary to collect stool from an infant for up to 5 days if stool volume is low.
- **For a child not in diapers**, collect the stool in the plastic container in the toilet bowl, from a potty; or the child can sit directly on the plastic container.
- **For an adult** collect the stool directly into the plastic container provided.
 - If, during the collection time, the first container is getting to be more than 2/3 full, use the second container provided to complete the collection.

Storage of the plastic container:

- Keep the plastic container in a cool place, in a basement or garage or outside in cold weather or in a large pail with ice cubes.
- Keep the lid of the plastic container on tightly.

What to do after collecting the samples:

- The plastic container must be clearly labelled with your **NAME** and **DATE OF BIRTH** as well as the **START** and **FINISH** dates and times of the stool collection period.

EXAMPLE:**SMITH, John****Date of Birth Jan 1, 1950****START TIME – 7:00 a.m. Jan. 5, 2009****FINISH TIME – 7:00 a.m. Jan. 8, 2009****Bring the plastic container(s) to the St. Paul's Hospital Test Centre the same day the collection is finished.**

If the collection is done on a weekend Monday morning is okay if the can is kept cool. Hand the can to one of the laboratory staff; do not just leave it on the counter

Please fill in the following information:

I have followed the 100-150 g per day fat diet to the best of my ability.

I have collected stool samples for _____ hours, from _____ to _____ (time/date).

Signature_____

Diet Menu for Stool Collection for Fecal Fat Test

Fecal fat test is to make the diagnosis of mal-absorption. To get an effective test result, it is necessary to eat a diet containing 100-150 grams of fat per day 3 days prior to specimen collection. Stay on the special diet until the completion of collection.

TYPE OF FOOD	ESTIMATED GRAMS OF FAT	TYPE OF FOOD	ESTIMATED GRAMS OF FAT
Milk/Milk Products		Fruits and Vegetables	
½ cup 2% milk	2	Most fruits and vegetables contain negligible amounts of fat with the exception of avocados.	
½ cup Whole Milk	4	½ small avocado	16
½ cup Ice Cream (10% fat)	7		
¼ cup whipping cream	6		
1 oz cheddar cheese	9		
1 oz cottage cheese	1.2		
1 oz cream cheese	10		
Breads and Cereals		Fat	
Muffins (1)	4	5 ml (1 tsp.) 1 pattie butter/ margarine	5
Bread (1 slice)	negligible	1 tsp. Oil	5
1 small danish roll	8	1 Tbsp. Italian dressing	5
1/6 single crust pie	7	1 tsp. Mayonnaise	5
Pasta and Cereal	negligible	2 Tbsp. gravy	5
Meats and Alternates		Miscellaneous	
Egg	5	10 peanuts	5
30 g (1oz) lean meat or poultry	3	1 Tbsp. peanut butter	7
30 g (1 oz) luncheon meats (not light variety)	5		
30 g fish	Very low unless fried		
1 slice bacon	4		