



St.Michael's

DEPARTMENT OF LABORATORY MEDICINE  
DIVISION OF PATHOLOGY

Document Name: 72 Fecal Fat Collection Instructions  
Document #: 59948  
Status: Current

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## FECAL FAT COLLECTION INTRUCTIONS

### Materials supplied:

White Plastic Containers (provided by ICL, formally HICL)  
Biohazard bag

### Materials needed but not supplied:

Requisition completed by physician or clinic

### Collection Guidelines:

Collect stool samples for an entire 48h, or 72h period. **(Preferred)**

Random or 24h stool sample collections will be accepted for testing.

Follow the dietary guidelines given to you by your physician for 3 days prior to and during the collection period. (The fat-controlled diet consists of consuming between 100-150g of fat per day)

### Things to Avoid

- No laxatives (particularly mineral oil and castor oil)
- No synthetic fat substitutes (e.g. Olestra)
- No fat-blocking nutritional supplements
- Do not use diaper rash cream
- Barium will interfere with testing, if ingested, wait 48 hours before collection

NOTE: Only stool should go into the collection container. Do not put in toilet paper, urine, plastic wrap or any other foreign material.

### Collection Instructions:

1. Collect ALL stool passed directly into the white plastic containers provided to you by the laboratory. ( The collection must contain a minimum of 5g of feces)
  - If during the collection time, the container is getting to be more than 2/3 full, obtain another container from the laboratory to complete the test.
  - If multiple containers are used, they must be labelled in the order in which they were collected (e.g. 1 of 4 containers)
  - All containers must be sent together

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**EXAMPLE:**

**Start Time→ 7:00 a.m. Jan. 1, 2017**

- **Collect all stool samples for a complete 72 hours (3 days).**

**Finish Time→ 7:00 a.m. Jan. 4, 2017**

**Storage of the container:**

Keep the collection container refrigerated during collection

**Delivery to the Lab:**

- Sample must be labelled with your **Name, Date Of Birth, MRN # and /or OHIP**
- Ensure the **START/FINISH** dates and times are written on the requisition
- Make sure the lid is tightly fastened
- **Deliver specimen to: Core Lab. 2<sup>nd</sup> Fl Cardinal Carter Wing within 24hr after last collection**

**Questions:**

Please call the Department of Laboratory Medicine at 416-864-5082

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