


<p><b>How to Prepare</b></p>	<ul style="list-style-type: none"> <li>Do not have an enema, a barium test, or take any laxatives for 5 days before starting the collection and during the collection period.</li> <li>For 2 days before, and during the timed collection period (days 3 to 6), follow the instructions in the Diet for 72 Hour Fecal Fat Collection on page 3 and the chart on page 4. The instructions contain a diet chart which lists servings of foods and drinks containing 10 grams of fat each. <b>Choose exactly ten items from this chart for each day on the diet schedule so that you will consume 100 grams of fat per day.</b> Bring the completed chart on page 4 with you when you return the specimen.</li> <li>The diet for 72 hour fecal fat collection also includes a list of foods that contain no fat. You can eat as much of these items as you like as long as you also consume the ten items.</li> <li><b>If you cannot tolerate the diet, or if the patient is a child,</b> write down the type and amount of actual food eaten during the 5 days on the diet. Bring this information with you when you return with specimen. If you are on a Medium Chain Triglyceride Diet, please write “MCTD” on the requisition.</li> </ul>
<p><b>Labelling the Specimen</b></p>	<p>Label the collection container provided by the collection site with the following information:</p> <ul style="list-style-type: none"> <li>Your (the patient) <b>full first and last name</b></li> <li><b>START</b> and <b>FINISH</b> date and time of stool collection.</li> <li>Your unique personal health number (PHN or ULI#) Alberta PHN is found on the Alberta Personal Health Card</li> </ul>  <p>If you do not have a PHN or ULI please ask your local laboratory for alternatives. Please note all specimens need 2 identifiers to be processed.</p>
<p><b>Lab Requisition</b></p>	<ul style="list-style-type: none"> <li><b>Print</b> the <b>START</b> and <b>FINISH</b> date and time the stool was collected on your lab requisition.</li> <li><b>Fold</b> and place the requisition in the <b>outside</b> pocket of the biohazard bag. <b>Do not</b> put the requisition in the bag with the specimen collection container.</li> </ul>
<p><b>Collecting the Specimen</b></p>	<ul style="list-style-type: none"> <li>Follow the Stool Collection Schedule below for 72 hour fecal fat collection.</li> <li><b>NOTE: Only stool should go into the metal collection can. Do not put in toilet paper, urine, plastic wrap or any other foreign material.</b></li> <li>Collect the stool <b>directly</b> into the pre-weighed can provided by the laboratory. <b>DO NOT</b> fill the can more than ½ full (two or three cans may be needed).</li> </ul>



Collecting the Specimen	Diet Schedule for 72 hour Fecal Fat Collection		Stool Collection Schedule
	Day 1	Follow the attached diet.	
Day 2	Follow the attached diet.		
Day 3	Follow the attached diet.	<ul style="list-style-type: none"> <li>Discard the <b>FIRST</b> stool this day.</li> <li>Write the Date and Time this discarded stool was passed in the Start Date and Time space on the requisition and on the can label.</li> <li>Collect any stools passed later this day into the can.</li> </ul>	
Day 4	Follow the attached diet.	<ul style="list-style-type: none"> <li>Collect <b>all</b> stools from this day into the can</li> </ul>	
Day 5	Follow the attached diet.	<ul style="list-style-type: none"> <li>Collect <b>all</b> stools from this day into the can</li> </ul>	
Day 6	Follow the attached diet until the last stool of this day has been collected.	<ul style="list-style-type: none"> <li>Collect <b>all</b> stools from this day until the Start Time on this day to ensure full 72 hours of collection.</li> <li><b>EXAMPLE:</b> <ul style="list-style-type: none"> <li>First stool on Day 3 of diet is discarded at 7:00 a.m, May 5, 2024. The example START date and time would be entered as May 5, 2024, 7:00 am</li> <li>Collect all stools for a <b>complete 72 hours</b></li> <li>The Example FINISH date and time is May 8, 2024, 7:00 a.m.</li> </ul> </li> <li><b>Write the START and FINISH date and times on the requisition and container.</b></li> <li>Make sure can is tightly sealed and bring to the lab along with the requisition and this form.</li> </ul>	
<b>Specimen Storage During Collection and Delivery to Lab</b>	<ul style="list-style-type: none"> <li>Keep the collection can in a cool place, such as a basement or garage, outside in cold weather or in a large pail with ice cubes in pail (do not put ice cubes in collection container) in hot weather.</li> <li><b>Bring the can and requisition to the laboratory the same day the test is finished (recommended), or next morning.</b></li> <li>Hand the can and requisition to one of the laboratory staff; do not just leave it on the counter.</li> </ul>		
<b>Questions About Your Collection?</b>	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> <li><a href="http://www.albertaprecisionlabs.ca">www.albertaprecisionlabs.ca</a></li> <li>Alberta Precision Laboratories at 1-877-868-6848</li> <li>Health Link Alberta at 811</li> </ul>		



### **Diet for 72 Hour Fecal Fat Collection**

1. **Each day of the diet schedule, decide beforehand which ten items from the chart on the next page you will be having that day. Each item has 10 grams of fat per serving.** Therefore, you will be consuming approximately 100 grams of fat per day. Depending on your food preference or appetite, you may choose to pick some of the items twice (for example, if you like whole milk, you may double the amount shown and have 2 cups). This then counts as two items from the chart.
2. Each day check off the ten items you have eaten in the columns provided (Day 1 – Day 5). If eating an item twice check the item twice.
3. You may eat any amount of the following items:
  - Fruit (no avocados)
  - Vegetables
  - Coffee, tea, postum
  - Worcestershire sauce, steak sauce
  - Jam, jelly, marmalades
  - White and/or whole wheat bread or rolls
  - Beef and/or chicken consommé
  - Pretzels, soda crackers
  - Cereal
  - Juice, fruit drinks, pop
  - Salt, pepper, spices, vinegar
  - Ketchup, mustard, soy sauce
  - Honey, sugar, sugar substitutes
  - Maple syrup
  - Rice, potato, or pasta
  - Popcorn, air popped (avoid microwave type)
  - Plain jello, popsicles
4. Remember you cannot add any extra butter, salad dressing, etc. to these other than what you have chosen for the day from the chart. Therefore, if you want to eat a salad with dressing, remember to make salad dressing one of your ten choices for the day.
5. If you are hungry (and have already eaten all of the ten items for the day) refer to items listed in #3 above for the foods you can eat as desired (if you choose a slice of toast do not add butter or margarine. Instead add jam or honey).
6. Use a standard measuring cup and spoons when measuring foods to be sure that your diet will contain the right amount of fat. Level all spoon measurements of dry ingredients.
7. The timing of your meals or snacks is up to you but it is especially important that you consume all of the ten items you have chosen each day.
8. If you cannot weigh the cooked meat, a piece of meat the size of a deck of cards is approximately 3.5 oz of meat.



Please check off the ten items each respective day

Food Item	Date:					
	Amount	Day 1	Day 2	Day 3	Day 4	Day 5
Whole (homogenized) milk	250 mL (1 cup)					
2% Milk	500 mL (2 cups)					
Cheese, cheddar, Swiss, 2"x3/4"x3/4"	30 g (1 oz)					
Cottage cheese (creamed 4.5% M.F.)	250 mL (1 cup)					
Processed cheese slices (regular, <b>NOT</b> light)	3 slices					
Processed cheese spread (e.g. Cheese Whiz) (regular <b>NOT</b> light)	60 mL (4 TBSP)					
Cream cheese, regular	30 mL (2 TBSP)					
Butter or margarine (regular <b>NOT</b> light)	15 mL (1 TBSP)					
Mayonnaise (regular <b>NOT</b> light)	15 mL (1 TBSP)					
Italian salad dressing (regular <b>NOT</b> light)	45 mL (3 TBSP)					
Vegetable oil (all types)	10 mL (2 TSP)					
Portion of avocado	1/3 of an avocado					
Peanut butter	20 mL (4 TSP)					
Peanuts, oil roasted <b>NOT</b> dry roasted	20					
Eggs (large size)	2					
Frozen waffles	3					
Cream of mushroom soup, made with 2% milk	250 mL (1 cup)					
Chunky-style soup with meat	500 mL (2 cups)					
Chicken breast (with skin, fried or roasted)	½ large breast (3.5 oz)					
Regular wiener	1 (40 g)					
Ground beef, lean (baked or broiled)	¼ cup (2 oz)					
Prepacked salami or bologna	3 slices/50 g					
Tuna, canned in oil and drained	85 g (¾ cup)					
Bacon, standard size, <b>not</b> thick (fried)	4 slices					
Granola bar, crunchy ( <b>NOT</b> chewy)	2					
Muffin, medium size, store-bought	½					
Single crust pie	1/6 of pie					
Danish roll (10 cm diameter)	1					
Ice cream (11% fat)	¾ cup					
Whipping cream (35% M.F.)	30 mL (2 TBSP)					
Jello instant pudding (made with 2% milk)	500 mL (2 cups)					

**Reference:** Canada Nutrient File, Health Canada, Last Updated Feb 6 2018.