

Stool for Fecal Fat (LTR81895)

Last Approved Time: 10/11/2023

Revision: 2.40

Specimen will **not** be tested if label or requisition is missing information.

Please follow the instructions below for accurate test results.

5 days before you start the collection and during the 3 days of collection

Please do **not** take any laxatives.
Please do **not** have an enema.
Please do **not** have barium x- ray test.



2 days before you start the collection and during the 3 days of collection

- Please follow the [Fat Absorption Diet](#).
- Complete the [Food Diary](#).
- If the fat absorption diet cannot be followed (for example the patient is a child), write down the amount and type of food eaten during the 2 days before and 3 days of collection.
- If you are on a Medium Chain Triglyceride Diet, please write MCTD on the requisition and food diary.



Select a time to **start**
Example:



- Do **not** collect the **first** stool (poo) passed on this day.
- Write the time and date on the container label as the Start time and date.

John Doe
12345 6700
Start **9:00am Jan 3**
Finish



Next **72 hours**

The **next** time you have a bowel movement (poo) and **every** time you have a bowel movement for the next **72 hours**,

Collect **all** stool directly into the can that was given to you at the laboratory.

Please do **not** fill can > 1/2 way. If can is 1/2 full, get another can(s) from the laboratory.

Make sure nothing else gets in the can (i.e. no toilet paper, no urine).

Please keep the can upright in a cool, dark place.



At the **end** of the collection



- Collect **only** the **first** stool passed on the 6th day since starting the diet.
- Write the time and date on the container label as the Finish time and date.
- Make sure the label has **all** of the following:
 - Full first and last name
 - Healthcare number
 - Start and Finish times and dates
- Please make sure lid is tightly closed.
- Please deliver can(s), the requisition and the completed food diary to the laboratory today.

John Doe
12345 6700
Start 9:00am Jan 3
Finish **9:00 am Jan 6**



Fat Absorption Diet Instructions

You can eat as much as you want of the following foods:

Beef clear consommé	Popcorn– air popped, not microwave
Bread- white/ whole wheat	Popsicles
Chicken clear consommé	Postum
Coffee	Potato
Fruit (no avocado)	Pretzels
Fruit drinks	Rice
Fruit juice	Rolls – white/ whole wheat
Honey	Salt
Jam	Soda crackers
Jello – plain	Soy sauce
Jelly	Spices
Ketchup	Steak sauce
Maple syrup	Sugar
Marmalade	Sugar substitutes
Mustard	Tea
Pasta	Vegetables (no avocado)
Pepper	Vinegar
Pop	Worcestershire sauce

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- Each day choose **10** items on the fat absorption diet [food diary](#).
 - You can choose the same item more than once as long as the total is 10 items.
 - Write a check mark beside your food choices on the food diary.
 - Write 2 check marks if you choose the same item twice.
 - Make sure that you eat all 10 items that you have chosen sometime during that day.
 - You can choose when to eat the items as long as all 10 are eaten during that day.
 - Do not eat more than 10 items from the food diary.
 - If you are hungry, eat from the list above instead.
 - For example, a slice of toast with jam is okay. A slice of toast with butter is not okay because the butter would add another fat item.
 - Remember to include salad dressing for salads, butter for bread etc. when you choose your 10 items.
 - Use standard measuring cups and spoons.
 - Level all dry ingredients when measuring.
 - If you cannot weigh the cooked meat, estimate weight using 3.5 ounces equals a piece of meat the size of a deck of playing cards.
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Food Diary

Patient name _____ Start time and date _____

Healthcare number _____ Finish time and date _____

Food Item Choose 10 / day Days 1 - 5	Date Stool collection	None	None	All but 1 st	All	All	Only 1 st
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Whole milk (homogenized)	1 cup/250 mL						
2 % milk	2 cups/500 mL						
Cheddar or Swiss cheese	1 oz/30 g or 2" x ¾" x ¾"						
Cottage cheese (creamed 4.5% M.F.)	1 cup/250 mL						
Processed cheese slices (regular not light)	1½ slices						
Eggs (large size)	2						
Frozen Eggo waffles	2						
Margarine/Butter (regular, not light)	1 Tbsp./15 mL						
Vegetable oil (all types)	2 tsp./10 mL						
Cheese Whiz (regular, not light)	4 Tbsp./60 mL						
Miracle Whip salad dressing (regular, not light)	2 Tbsp./30 mL						
Italian salad dressing, regular	4 tsp./20 mL						
Cream cheese, regular	2 Tbsp./30 mL						
Peanut butter	4 tsp./20 mL						
Campbell's cream of mushroom soup (made with water)	1 cup/250 mL						
Campbell's Chunky soup with meat	2 cups/500 mL						
Chicken breast with skin (fried or roasted)	3.5 oz. (1/2 large breast)						
Regular wiener	1 wiener (40 g)						
Ground beef, lean (baked, broiled)	2 oz./ ¼ cup						
Pre-packaged salami or bologna	2 slices/50 g						
Tuna, canned in oil/drained	¾ cup/85 g						
Bacon, standard slice not thick (fried)	2 slices						
Dry roasted peanuts	10						
Granola bars (Nature Valley)	2						
Jello instant pudding (made with 2% milk)	1 cup/250 mL						

Example Menu

Menu:		Fat items:
Breakfast	2 slices of toast with 1 Tbsp butter and jam Cereal 1 cup whole milk 1 cup juice	1 Tbsp butter = 1 item 1 cup whole milk = 1 item
Lunch	1 cup mushroom soup made with water 1 sandwich made with: 2 slices bread, mustard, 2 slices bologna 1 piece of fruit Pop and water	1 cup cream soup = 1 item 2 slices bologna = 1 item
Supper	½ chicken breast with skin 1 baked potato with 1 Tbsp butter Steamed broccoli Salad with 4 tsp Italian salad dressing 1 cup Jello instant pudding	½ chicken breast = 1 item 1 Tbsp butter = 1 item 4 tsp salad dressing = 1 item 1 cup pudding = 1 item
Snack	20 roasted peanuts Juice	20 peanuts = 2 items

Total 10 items

Food Diary Example Choose 10 / day Days 1 - 5		Date 03Jan
		Stool collection None
		Day 1
Whole milk (homogenized)	1 cup/250 mL	✓
2 % milk	2 cups/500 mL	
Margarine/Butter (regular, not light)	1 Tbsp./15 mL	✓✓
Miracle Whip salad dressing (regular, not light)	2 Tbsp./30 mL	
Italian salad dressing, regular	4 tsp./20 mL	✓
Campbell's cream of mushroom soup (made with water)	1 cup/250 mL	✓
Campbell's Chunky soup with meat	2 cups/500 mL	
Chicken breast with skin (fried or roasted)	3.5 oz. (1/2 large breast)	✓
Regular wiener	1 wiener (40 g)	
Ground beef, lean (baked, broiled)	2 oz./ ¼ cup	
Pre-packaged salami or bologna	2 slices/50 g	✓
Tuna, canned in oil/drained	¾ cup/85 g	
Bacon, standard slice not thick (fried)	2 slices	
Dry roasted peanuts	10	✓✓
Jello instant pudding (made with 2% milk)	1 cup/250 mL	✓