

Timed Fecal Fat Collection - Patient Instructions

This document is applicable at site(s):

All Sites

How to Prepare

- Do not have an enema, a barium test, or take any laxatives for 5 days before starting the collection and during the collection period.
- For 2 days before, and during the timed collection period (days 3 to 6), follow the attached Fat Absorption Diet.
- The diet chart lists foods and drinks containing fat. **Choose exactly ten items from this list for each day on the diet schedule.** Bring the chart with you when you return the sample.
- The diet includes a list of foods that contain no fat. Eat as much of these items as you like.
- If you cannot tolerate the diet, or if the patient is a child, write down the amount of actual food eaten during the 5 days on the diet. Bring this information with you when you return with sample.

Risks or Caution

No risks or cautions.

Labelling the Specimen

Label the collection container with the following information:

- Your (the patient) **full first and last name**
- The date and time of specimen collection**
- Your unique personal health number (PHN or ULI#)
Alberta PHN is found on the Alberta Personal Health Card



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.

Lab Requisition

- Print** the date and time the sample was collected on your lab requisition.
- Fold** and place the requisition in the **outside** pocket of the plastic bag.

Collecting the Specimen

- Follow the Fat Absorption Diet and Stool Collection Schedule chart below.
- Collect the stool **directly** into the pre-weighed can provided by the laboratory. **DO NOT** fill the can more than ½ full. (Two or three cans may be needed.)

	Fat Absorption Diet Schedule	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"> Discard the FIRST stool this day. Write the Date and Time this discarded stool sample was passed in the Start Date and Time space on the requisition and on the can label. Collect any stools passed later this day into the can.
Day 4	Follow the attached diet	<ul style="list-style-type: none"> Collect all stools from this day into the can
Day 5	Follow the attached diet	<ul style="list-style-type: none"> Collect all stools from this day into the can
Day 6	Stop following the diet after the first stool of this day has been collected.	<ul style="list-style-type: none"> Collect only the FIRST stool this day. Write the Finish Time and Date on the requisition, on the can label and at the top of this sheet. Make sure can(s) is (are) tightly sealed and bring it (them) to the lab along with the requisition and these sheets.

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Specimen Delivery to Lab	<ul style="list-style-type: none"> • Bring your specimen and requisition to your local laboratory as soon as possible or within 18 hours. • Store at fridge temperature.
Questions About Your Collection?	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> • https://myhealth.alberta.ca • Health Link Alberta at 811

FAT ABSORPTION DIET

SUGGESTIONS:

1. Each day of the diet schedule, decide beforehand which ten items from the chart you will be having. Depending on your food preference or appetite, you may choose to pick some of the items twice (for example, if you like homo 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/whole wheat bread or rolls
 - Beef/chicken consommé
 - Pretzels, soda crackers
 - 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 know you are having a salad 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 #3 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.

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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	1 cup/250 mL					
2% Milk	2 cups/500 mL					
Cheese, Cheddar, Swiss , 2"x3/4"x3/4"	1 oz/30 g					
Cottage Cheese (creamed 4.5% M.F.)	1 cup/250 mL					
Processed cheese slices (regular, NOT light)	1 ½ 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/½ large breast					
Regular wiener	1 (40 g)					
Ground beef, lean (baked, broiled)	2 oz/¼cup					
Prepacked salami or bologna	2 slices/50 g					
Tuna, canned in oil/drained	¾ cup/85 g					
Bacon, standard size, not thick (fried)	2 slices					
Dry roasted peanuts	10					
Granola bar (Nature Valley)	2					
Jello instant pudding (made with 2% milk)	1 cup/250 mL					