



PATIENT INSTRUCTIONS FOR FECAL FAT COLLECTION
Random, 24, 48 or 72 hour Fecal Fat Qual or Quant exam (Sudan Stain)

Your physician has ordered a _____hour stool sample to be collected and sent for analysis. This will require you to collect all your bowel movements for the specified period of time. Please follow the patient instructions and if you have any questions please call our Lab Service area at 350-2600 option 3.

1. Diet prior to and during collection
 Eat a normal diet containing 50-150 grams of fat per day for at least 3 days prior to beginning fecal collection. The diet should be maintained throughout the collection period.
 - Exclude substances like castor oil and mineral oil from your diet
 - Ideally, no medications should be taken immediately prior to or during the collection period.

Check with your physician before stopping any medication.
2. Collect Specimen In a Clean Dry Container.
 - Use an insert (toilet hat) for toilet **OR**
 - Clean dry wide mouth container
 - Bed pan
 - Wastebasket lined with plastic bag

DO NOT collect from toilet
DO NOT urinate on specimen

Toilet Hat
3. Transfer Specimen Into Vial(s) and/or Sterile Container
 - Using plastic spoon or wooden stick transfer into vial or container
4. Keep specimen in Refrigerator During Collection
 - Specimen must be kept refrigerated until it is delivered to the lab
5. Label Container- deliver to Lab Service Location
 - Full name (first and last)
 - Date of birth
 - Date and time specimen collection was started (end date and time for 24, 48 and 72 hour collections)
 - Place label on container (not on lid)
 - Deliver to open Lab Service location within 24 hours after last collection date

Specimen **must** be kept refrigerated until delivered to the lab

IMPORTANT: Check with your physician before stopping any medication.