

# Instructions for 48-hour Fecal Fat Specimen Collection

## **Purpose**

A fecal sample collected over a timed period with a specific diet evaluates the patient's ability to absorb and digest the fat contained in the foods they eat.

## **Preparation**

Follow the 100-gram fat diet given to you by your physician for a total of five days. On days four and five of your diet, you will be collecting your sample. It is important to follow this diet carefully to ensure accurate test results.

**Note:** Do not use laxatives (particularly mineral oil or castor oil) during the collection period. Do not use synthetic fat substitutes such as Olestra as part of your 100-gram diet.

## **Collecting the Sample**

Follow the diagram provided in the collection kit obtained from the McFarland Lab. Collect bowel movements directly into the containers provided. Collect every sample and the complete sample over the 48 hour collection period. Specimen must not be contaminated by urine or toilet water. After each bowel movement, remove the container from the toilet, screw on the lid and dry off the outside of the container.

**Note:** Do not overfill the containers. If the specimen collected reaches the "FILL TO" line, close this container and begin using the second container provided. Store the specimen in a cool place during and after collection. A refrigerator or a cooler with ice is best. The specimen can be frozen.

## **Returning the Sample**

When your collection is complete, screw the lids on evenly and tightly to prevent leakage. On the containers, write the patient name, birth date, date and time the specimen collection was completed. Return the containers soon after completion in the bag provided by the laboratory.