

## Quantitative Fecal Fat Collection Instructions

### Instructions:

- For 3 days before and during the collection period:**
  - Eat a fat-controlled diet (100 to 150 grams of fat per day)
  - Do not take any laxatives (such as mineral oil or castor oil)
  - Do not take any fat-blocking nutritional supplements or ingest any synthetic fat substitutes (such as Olestra)
- The use of diaper ointments will falsely raise test results; stop during collection period.
- Barium interferes with this test; wait at least 48 hours after any procedure which uses Barium before beginning the stool collection.
- Collect **all** bowel movements for the time advised by your health care provider. Record the start date and time in the box below. Use the provided collection hat and pass the stool into the hat. For children in diapers, collect stool sample by lining the diaper in plastic wrap. Do not include any wipes used with the specimen. **Do not** mix the stool sample with urine or water. This may ruin the test results.
- Transfer the entire stool specimen to the containers provided by Sanford Laboratories. Label the containers as 1 of 3, 2 of 3, and so on. The stool collection container should be kept refrigerated throughout the collection period. A cooler with ice packs may be used.
- The stool collection must contain at least 5 grams of feces (1 teaspoon).
- Label the stool collection containers with your **full legal name, date of birth, date and time the stool collection was started and stopped**. Return stool collection containers to a Sanford Patient Service Center or a Sanford laboratory as soon as you have completed the collection.

| Quantitative Fecal Fat Collection |  |                    |       |
|-----------------------------------|--|--------------------|-------|
| <b>Patient Name:</b>              |  |                    |       |
| <b>Patient Birthdate:</b>         |  |                    |       |
| <b>Start Date:</b>                |  | <b>Start Time:</b> | AM/PM |
| <b>Stop Date:</b>                 |  | <b>Stop Time:</b>  | AM/PM |