SANFORD™
LABORATORIES

Quantitative Fecal Fat Collection Instructions

Instructions:

1. **For 3 days prior to and during the collection period:**
    a. Patient should be on a fat-controlled diet (100 – 150 g fat per day)
    b. Do not take any laxatives (particularly mineral oil or castor oil)
    c. Do not take any fat-blocking nutritional supplements or ingest any synthetic fat substitutes (e.g. Olestra)

2. The use of diaper ointments will falsely elevate test results; discontinue use during collection period.

3. Barium interferes with this test; wait at least 48 hours after any procedure which utilized Barium before beginning the stool collection.

4. Collect **ALL** bowel movements for the time period designated by your health care provider. Record the "start" date and time in the box below. Place plastic wrap over the toilet bowl or use the provided collection hat and pass the stool into the plastic wrap or hat. DO NOT contaminate the stool sample with urine or water, as this may interfere with the test results.

5. Transfer the entire stool specimen to the container(s) provided by Sanford Laboratories. Label the containers as 1 of 3, 2 of 3, etc. The stool collection container should be kept refrigerated throughout the collection period. (A cooler with ice packs is acceptable).

6. The stool collection must contain a minimum of 5 grams of feces.

7. Record the "stop" date and time in the box below. Label the stool collection container(s) with your **full legal name, date of birth**, **date and time the stool collection was started and stopped.** Return stool collection container(s) to a Sanford Patient Service Center or a Sanford laboratory as soon as you have completed the collection. Please record the necessary information on the form below and cut on the dotted line and return with stool sample.

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Quantitative Fecal Fat Collection			
Patient Name:			
Patient Birthdate:			
Start Date:		**Start Time:**	**AM/PM**
Stop Date:		**Stop Time:**	**AM/PM**