

Care Gram

Quantitative Fecal Fat Collection

Preparation

You will need to pick up the containers for the collection from the Licking Memorial Hospital First Floor Laboratory. You will receive:

- A collecting container to place in your toilet to collect the stool (bowel movement).
- A large container to store the stool. The container must be labeled with your full name, date of birth, and date and time of collection.

Complete the Following Information:

Patient's name: _____ Date of birth: _____

This collection is for: 24 48 72 hours (Laboratory personnel will circle one)

Collection start date: _____ Time: _____

Collection end date: _____ Time: _____

General Instructions

- The collection starts with your first bowel movement of the day. It continues for the timeframe circled above (24, 48, or 72 hours). If any stool collections are missed during the collection period, the entire process must be started over.
- Do not let urine or toilet bowl water mix with the stool during collection.
- Do not put toilet tissue into the labeled containers. Only fill the labeled containers 3/4 full.
- This collection is for fecal fat only. Other stool tests require separate collections.
- Do not use Castor oil, mineral oil, suppositories, or barium prior to collection.
- Do not use fat substitutes, such as Olestra, which may interfere with the test.

Collecting the Specimen

1. Place the collecting container under the seat and over the bowl of your toilet. When you have your first bowel movement of the day, use the scoop to place the stool in one of the labeled containers and refrigerate it. Write the date and time of that bowel movement.
2. Continue to add each sample of stool to the first labeled container until the container is 3/4 full.
3. When a labeled container is 3/4 full, start a new container.
4. You may obtain more containers and scoops from the Laboratory, if needed.
5. At the end of the collection period (24, 48, or 72 hours), stop collecting stool and write the date and time above. Return all used labeled containers to the Laboratory. Bring the samples as soon as possible after the collection is over. Please bring this paper with the start/end dates and times.
6. You may throw away any empty containers and scoops that you have left.



**Licking Memorial
Health Systems**

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1616-0552
06/27/2024
Page 1 of 2

Finding Out the Results

You will need to check with the doctor who ordered the test for the results.

If you have any questions about your test, please call your doctor or call the Clinical Laboratory at (220) 564-4155.