

Patient Information from

FECAL FAT QUANTITATIVE (48-72 Hrs), STOOL – DIET

Preparation before beginning collection:

3 days before (and during collection) - patient should avoid alcohol.

24 hours before - a diet including 100 grams of fat per day should be followed. See chart below for suggested diet or nutritive equivalents.

Food Group	Fat (g)
2 cups whole milk	20
8 oz lean meat or 5 oz medium-fat meat	24-25*
1 egg	5
5 servings fruits and vegetables	Trace
6 servings whole-grain breads or enriched breads or cereal	Trace
10 tsp fat (eg, margarine, oil, mayonnaise)	50
Total Fat	99-100



* May substitute 5 oz high-fat meat and reduce fats to 7 tsp.

Collection – Collect all stool specimens for a 48 or 72 hour period in a special container supplied by Meadville Medical Center Laboratory.

Contamination of stool with urine should be avoided.

During the collection period, it is important that the stool sample be kept cold. Stool may be stored in a refrigerator, ice chest, or in a pail of ice to preserve the specimen.

Deliver specimen to lab as soon as possible after completion.

☞ Please **report to Meadville Medical Center Registration** before delivering the specimen to the lab. This is necessary for complete specimen identification and processing.