

# Patient Information form



## 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 label container with patient name and date of birth to ensure specimen is not rejected.**

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