



STOOL COLLECTION – DIET FOR FECAL FAT TESTING

Your physician has prescribed a stool fat test (fecal fat test). This test measures the quantity of fat evacuated in your stools. It helps your physician to evaluate whether you adequately digest and absorb the fats you eat. Poor digestion or absorption of fats is called fat malabsorption, and it can affect your health.

No specific diet is recommended if you ingest at least 100 grams of fat daily. If you don't, initiate the diet three days before the stools are collected and continue the diet during the three (3) collection days. In order to determine the amount of fat in your stools, you must collect ALL of your stools over a period of 72 hours (3 days).

WHAT DO YOU NEED TO EAT?

You need to eat sufficient fat during the day for the test to be valid. A diet rich in fat is recommended during the first 3 days of the test. For adults, daily fat consumption must be at least 100 grams. A sample menu and a fat content table for various food items will be provided along with this document to help you prepare your menu (see the leaflet Fecal fat diet | Fat content guide). All you need to do is make sure to eat at least 100 grams of fat each day.

IMPORTANT: Please read and follow the instructions thoroughly or else the results might be skewed and lead to a misdiagnosis.

MEDICAMENTS AND SUBSTITUTES TO AVOID DURING THE COLLECTION PERIOD

Throughout the stool collection period, do not take any of the following medications or substitutes that could generate false results. Speak to your physician or pharmacist.

- Laxatives and enemas;
- Castor oil;
- Anti-diarrheal drugs such as Imodium and Lomotil;
- Questran;
- Synthetic fat substitutes (Olestra);
- Fat-blocking nutritional supplements;
- A barium meal will interfere with the procedure: wait for 48 hours before starting the collection.
- Do not apply any cream to the anal area in order to prevent contaminating your stools with their fat content.

EQUIPMENT REQUIRED

- Sterile plastic container with lid.
- A second container may be required if you have abundant stools. Request a container from the laboratory at your hospital center.
- Coffee/Popsicle stick (tongue depressor) or plastic spoon.
- Transparent cling wrap (Saran Wrap).

INSTRUCTIONS

- Store your 2-litre container in a COLD place (refrigerator, freezer or cooler) throughout the collection period to prevent the naturally occurring bacteria in your stools from degrading the fat. Keep the container out of reach of children and animals.
- For hygiene purposes, you can place the container in a plastic bag before storing it in the refrigerator, freezer, or cooler. If you are using a cooler, remember to change the "ice packs". Si vous omettez de recueillir vos selles une seule fois en cours de la collecte, vous devrez la recommencer. Vous devrez alors vous procurer un nouveau contenant.
- Do not urinate while collecting your stools. Your stools must have no contact with your urine, toilet seat and toilet water.
- Do not use toilet paper to collect your stools.
- Do not put any toilet paper, cling wrap (Saran Wrap), plastic bags, or wooden sticks into the container.
- Never do your bowel movement directly into your sterile 2-litre container.
- Do not fill the container beyond 2/3 of its capacity. Request a second container from the laboratory at your hospital center if you think you will need one.
- La collecte doit **OBLIGATOIREMENT** être faite pendant 3 jours (72 heures) et elle doit aussi se terminer à la même heure que vous l'avez débutée. Sinon, elle sera refusée et vous devrez recommencer la collecte au complet.
- The collection **MUST BE MADE** over exactly 3 days (72 hours). It must end at the same time that it began. Otherwise, the specimen will be rejected and you will have to start over.

HOW TO COLLECT A SPECIMEN

The stools collected during the three days of collection must be kept in the same container. If stools are not collected, take note.

1. Wash your hands with soap and water for 20 seconds and then dry them.
2. Choose the collection method that suits you best among the following:

If you are using a container

- Choose a clean container or a plastic plate that you will discard after use. Place the container on the closed toilet lid.

If you are using transparent cling wrap

- Firmly install one or two layers of transparent cling wrap (Saran Wrap) under the toilet seat, creating a depression in the centre.

3. On the first morning of the collection, collect stool from your first bowel movement in the toilet bowl. Immediately note the time and date on the container label (e.g., September 7, 2021 - 7:30 a.m.). This marks the beginning of the collection period, even if you have not saved your stool in the 2-litre sterile container. From that moment and for the next 72 hours, put all of your stools in the sterile 2-litre container.
4. If you do your bowel movement in a plastic container, use the coffee stick or spoon to transfer all of the stools into the sterile 2-litre container and close the lid.
 - If you reuse the same plastic container for other collections, rinse it with hot water only and allow it to air dry. Never use soap or other detergents as doing so can alter the test result.
5. On the last day, at the same time as the first collection, collect your stools for a final time and put them in the container. Do so even if you don't have the urge in order to ensure the maximum amount of stool is collected within 72 hours.
6. Write the time and date of your final collection on the label of the designated sterile container (e.g., September 10, 2021 - 7:30 a.m.). The collection period lasts exactly 72 hours and must begin and end at the same hour.

IMPORTANT REMINDERS

- You must collect ALL your stools or else the result will be skewed or false. No stool can be lost or discarded.
- The collection must **ABSOLUTELY** be made over the course of 3 days (72 hours).
- Store your container in a **COLD** place (refrigerator) throughout the collection period.
- Do not contaminate the stools with urine or toilet bowl water.
- Do not fill the container beyond 2/3 of its capacity.
- Throughout the collection period, avoid taking certain medications or substitutes (see the list at the beginning of this document).

DO YOU HAVE ANY QUESTIONS?



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OR

Speak to your prescriber.

LABELLING THE CONTAINER

- Make sure the following is labelled on the container:
 - your last name and first name;
 - your medical insurance number (RAMQ);
 - The sample type and site (in this case, the stool).
- Write the **DATES AND TIMES** of the beginning and end of the collection period on the designated label, taking care not to write on the bar code.
- Note the hours as follows:
 - 11:59 p.m. to indicate midnight;
 - 8:00 a.m. to indicate the morning.
- Make sure that all of the information is exact, clear and legible.

SAMPLES THAT DO NOT CONTAIN ALL OF THE INFORMATION WILL NOT BE ANALYZED IN THE LABORATORY (WHEN AND WHERE TO RETURN YOUR SPECIMEN)

- To guarantee the quality of the test, return your container in a resealable waterproof bag within a maximum of 12 hours, keeping the jar cold.
- If you cannot return your container within this deadline, keep it in the refrigerator (4 °C) for up to 3 days. Do not put your container in the freezer.
- Remember to bring the prescription given to you by your prescriber,
- Put your container bag in a second bag and insert your prescription.
- Return your container to a CIUSSS de l'Estrie – CHUS collection centre. To learn more about locations and business hours, visit santeestrie.qc.ca/sampling.
- The laboratory at your hospital center will send your stool collection to the CHUS-Fleurimont laboratory. The results of the analysis will be sent to your attending physician. Make sure to follow these instructions thoroughly. Mislabeled or improperly identified samples or incomplete requests might be rejected by the lab. If that is the case, stools will need to be collected again for another 3 days.