



Patient & Family Guide  
2019

# Stool 72-Hour Fecal Fat Collection

South Shore  
Regional Hospital



[www.nshealth.ca](http://www.nshealth.ca)

# Stool 72-Hour Fecal Fat Collection

- **You must follow the special rules in the next section.**
- Your doctor has given you a form for this test. This form is called your **requisition**.
- Use only the stool collection bottles given to you by your doctor, local lab, or blood collection clinic.
- You will also be given:
  - › a toilet adapter to hold the collection bottle in the toilet
  - › 2 plastic bags for returning the collection bottles
- Use only a ballpoint pen when writing on the collection bottles.
- Keep the sample in the fridge until you can bring it to the lab.

**What are your questions?**

**Please ask. We are here to help you.**

## Special rules

- There are rules you must follow for 3 days before you collect stool for a fecal fat test.
- Follow the instructions in the *Stool 72-Hour Fecal Fat Collection: Diet Instructions - South Shore Regional Hospital* pamphlet.
- For 3 days before you collect stool, and during the collection period:
  - › Follow a fat-controlled diet (100-150 g of fat per day).
  - › Do not use laxatives (especially mineral oil and castor oil).
  - › Do not use synthetic fat substitutes (e.g., olestra) or fat-blocking nutritional supplements.
  - › Do not have an enema. Do not start collecting stool until 48 hours (2 days) after a barium enema. Barium interferes with this test.

## Instructions

1. Write your **full name, your health card number, and the date and time of collection** on both the requisition **and** the collection bottle(s).

2. Collect **all** of your stool for 72 hours (3 days).
3. Collect your stool (poop) in a clean, dry container. **Do not let your stool touch any urine (pee) or the toilet water.**
  - › Lift the toilet seat and place the toilet adapter across the rim of the toilet bowl. Place the adapter so the shorter support lies across the back of the toilet bowl, and the longer support lies across the middle of the toilet bowl.
  - › Remove the cap from the collection bottle. Place the bottle in the hole of the toilet adapter.
  - › Put the toilet seat down. The bottom of the collection bottle should rest in the water or just above it. Depending on how much water is in the toilet and the shape of the toilet seat, the collection bottle may float and rise. As you sit, move the bottle to make sure your stool will go into it.
4. Continue to add stool to the bottle until it reaches the fill line or the collection time is finished. You may need to use more than one bottle.
5. After your bowel movement (poop), remove the bottle from the toilet. Put the cap back on the bottle and wipe the outside of the bottle dry. If you used more than one bottle, label each bottle (e.g., 1 of 2, 2 of 2).

**If the collection is for a baby:** scrape stool from diapers into the bottle using the wooden sticks you were given.

6. Screw the lid on tight and put the bottle(s) in the plastic bag. Seal the bag and keep it in the fridge until you can take it to the lab.
7. Bring each filled collection bottle and requisition to an approved drop-off site **no more than 24 hours after you finish the collection** (see back cover for sites).

**Please note:** Only put stool in the stool collection bottles. Do not put toilet paper, urine (pee), plastic wrap, or any other material in the bottles.

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **doctor's full name and address**
- › **Start and end dates and times** for each stool collection

Samples that are not labelled correctly or do not have a complete requisition will not be tested.

**Take the sample to one of the following Nova Scotia Health Authority Laboratory Services locations:**

**South Shore Regional Hospital**

Main Floor

90 Glen Allan Drive

Bridgewater NS B4V 2S6

Phone: 902-527-5261

Hours: Monday-Friday, 7-11 a.m.

Registration: Monday-Friday, 6:45-10:45 a.m.

**Fisherman's Memorial Hospital**

2nd Floor

14 High Street

Lunenburg NS BOJ 2C0

Phone: 902-634-8801

Hours (including Registration): Monday-Friday,

7:30-11:30 a.m.

**Queen's General Hospital**

1st Floor

175 School Street

Liverpool NS BOJ 1K0

Phone: 902-354-3436

Hours (including Registration):

Monday-Friday, 7:30-11:30 a.m.

**North Queen's Health Centre**

9698 Highway 8

Caledonia NS B0T 1B0

Phone: 902-682-2533

Hours (including Registration):

Wednesdays, 7:30-10:45 a.m.

(Please see back cover for more locations.)

# Our Health Centre

3769 Hwy 3

Chester NS B0J 1J0

Phone: 902-275-2830

Hours (including Registration):

Tuesdays and Thursdays, 7:30-10:45 a.m.

## Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.