

Drop-off sites:

Drop-off sites are closed on holidays.

South Shore Regional Hospital

Main floor
90 Glen Allan Drive
Bridgewater NS B4V 2S6

- **Drop-off hours:**
 - › 7 a.m. to 2 p.m. (Mon-Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:**
 - › 8:30 a.m. to 9 a.m.
 - › 11:30 a.m. to 12 p.m. (noon)

Fisherman's Memorial Hospital

1st floor registration
14 High Street
Lunenburg NS BOJ 2C0

- **Drop-off hours:**
 - › 7:30 a.m. to 2 p.m. (Mon-Thurs)
 - › 7:30 a.m. to 11 a.m. (Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:**
 - › 9 a.m. to 9:30 a.m.
 - › 11 a.m. to 12 p.m. (noon)

Queen's General Hospital

1st floor
175 School Street
Liverpool NS B0T 1P0

- **Drop-off hours:**
 - › 9 a.m. to 11:30 a.m.
 - › 12 p.m. (noon) to 2 p.m. (Mon-Fri)
 - › When you arrive, take a Q-matic ticket.
- **Closed:** 11:30 a.m. to 12 p.m. (noon)

North Queen's Health Centre

9698 Highway 8
Caledonia NS B0T 1B0

- **Drop-off hours:**
 - › 7:30 a.m. to 10:45 a.m.
(every second Wed)

Our Health Centre

3769 Highway 3
Chester NS B0J 1J0

- **Drop-off hours:**
 - › 7:30 a.m. to 10:45 a.m. (Thurs)

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Prepared by: Pathology and Laboratory Medicine,
South Shore Regional Hospital

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2025

48 or 72-Hour Fecal Fat Collection

South Shore Regional Hospital

Your collection sample will not be tested if:

- › it is not labelled correctly.
- › your requisition is not filled out.

Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called your **requisition**.
- Use **only** the collection bottle given to you by your primary health care provider, 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 the collection bottles

Important

3 days before collecting your stool (poop), and during the collection period:

- › **Follow a fat-controlled diet** (100 to 150 grams of fat each day).
- › **Do not** use laxatives (like mineral oil or castor oil).
- › **Do not** use synthetic fat substitutes (like 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.
- Use a pen that will not smudge to print on the collection bottle. **If lab staff cannot read what you wrote on the bottle label, your collection will not be tested.**
- Bring the filled collection bottles and requisition to an approved drop-off site **no more than 24 hours after you finish the collection** (see back cover for sites).

1. Print your **full name and date of birth, health card number, and the collection date and time** on the collection bottle and requisition.
2. Collect **all** of your stool for 48 or 72 hours (2 to 3 days) as told by your primary health care provider.
3. Collect your stool in the collection bottle you were given. **Do not let your stool touch any urine (pee) or the toilet water.** If the collection is for a baby, scrape stool from their diaper into the collection bottle.
4. Lift the toilet seat. Put the toilet adapter across the rim of the toilet bowl so that the shorter support is across the back of the toilet bowl, and the longer support is in the middle of the toilet bowl.
5. Remove the cap from the collection bottle. Put the bottle in the toilet adapter hole.
6. Put the toilet seat down. The bottom of the collection bottle should rest in the water or just above it. Depending on the water in the toilet and the shape of the toilet seat, the collection bottle may rise. As you sit, move the bottle to make sure your stool will go into it.
7. Add stool to the collection bottle until it reaches the fill line, or the collection time is done. **Do not fill the bottle more than halfway.** You may need to use more than 1 bottle.

8. After each collection, remove the bottle from the toilet. Screw the lid on tight and wipe the outside of the bottle dry. **Leaking samples will not be tested. Do not** put urine, toilet paper, plastic wrap, or anything other than stool in the bottles. If you used more than 1 bottle, label each bottle (1 of 2, 2 of 2).
9. Keep the filled collection bottles in the fridge until you can bring them to the lab.

If you have been asked to collect a sample and you are having trouble, call your primary health care provider.

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's full name and address**
- › **Date and time** of stool collection

Please see back cover for drop-off site locations and hours.