



**Armstrong Center for
Medicine and Health Hospital
Laboratory Information: (724) 534-8123**

72-HOUR FECAL FAT SPECIMEN COLLECTION INSTRUCTIONS

For correct test results, follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the ordering of more or unnecessary tests.

Before collecting:

Follow diet instructions as provided by your physician. Collect the stool samples during the last 3 days of the 5 day food record.

How to collect the samples:

- Collect **ALL** stool passed for a 72-hour (3 days) period.
- Collect all stool into the large metal can that is given to you by the laboratory.
- **For a baby**, stool from diapers is scraped into the collection container using tongue depressors given to you.
- **For a child** not in diapers, collect the stool in a container in the toilet bowl, from a potty or the child can sit directly on the metal collection can.
- **For an adult** collect the stool directly into the collection container.
- If, during the collection time, the container is getting to be more than 2/3 full, obtain another container from the laboratory to complete the test.

NOTE: Only stool should go into the metal collection can. Do not put in toilet paper, urine, plastic wrap or any other foreign material.

Storage of the collection can:

- Keep the collection container in a cool place, either in a basement or garage or outside in cold weather or in a large pail with ice cubes.
- Keep the lid of the container on tightly.

What to do after collecting the samples

- The container must be clearly labeled with your **NAME** and **DATE OF BIRTH** and **START** and **FINISH** dates and times of the stool collection period.
- **Bring the container to the laboratory the same day the test is finished.** If the collection is done on a weekend, bring the container to the laboratory. Hand the container to one of the laboratory staff; do not just leave it on the counter.