

Darnall Army Community Hospital, Fort Hood, Texas

# Department of Pathology & Area Laboratory Services



Care - Quality - Readiness

## **INSTRUCTIONS**

### **72 HOUR STOOL FAT COLLECTION**

The foods listed below should be eaten in addition to any other desired foods to assure at least 70–100 grams of fat each day during collection.

- Breakfast: 2 eggs, 1 teaspoon butter, and a 4 ounce portion of meat, fish, or poultry
- Lunch: 4-6 ounces of meat, fish, poultry, 1 teaspoon of salad dressing, 1 teaspoon of butter or margarine.
- Dinner: 6 ounces of meat, fish or poultry, 1 teaspoon of salad dressing, 1 teaspoon of butter or margarine.

These are minimum requirements. Any additions can be made to supplement the diet.

During the collection period, no test (i.e. UGI, barium enema, small bowel biopsies, etc.) should be performed that may interfere with the normal intake of food.

What to avoid: Roughage (lettuce, cabbage, spinach, etc.) Metamucil, mineral oil before or during collection.

Collection time is 72 hours.

- Do not put toilet paper in canister.
- Do not fill can more than 2/3 full.
- If can is 2/3 full, bring the sample to the Laboratory. The technician will provide you with another container.