

In-Common Laboratories (ICL) Patient Collection Instructions for 72-hour Fecal Fat

The Kit sent includes:

1. 2x Screw capped stool collection container
2. A plastic holder to hold the collection container in the toilet
3. Large Plastic Bag for the collection container
4. 1 prepaid waybill
5. Transport box with insulated foam box inside
6. Ice pack
7. Instructions for Fecal fat 72 hr collection

If you have any other stool tests along with 72 hr. Fecal Fat, please do them before fecal fat 72-hour collection to avoid any errors. This test must be done separate to all other tests as you must collect stool for 72hours.

Important: The complete bowel movement must go directly into the collection container and not into the toilet bowl, as this will affect the test results.

Note: Before you collect your sample place the ice packs in the freezer so it frozen when you're ready to collect.

Patient preparation:

1. For 3 days prior to and during the collection period
 - a. Patient should be on a fat-controlled diet (100-150 g fat per day).
 - b. No laxatives (particularly mineral oil and castor oil).
 - c. No synthetic fat substitutes (eg, Olestra) or fat-blocking nutritional supplements.

Follow any/all special instructions for your diet given by your physician.
Start the diet at least 72 hours before you start collection stool.

2. The use of diaper rash ointments will falsely elevate test results. Discontinue use during collection period.
3. Barium interferes with test procedure; a waiting period of 48 hours before stool collection analysis is recommended.

Fecal Fat 72hr collection instruction: If you have questions about these collection instructions, please contact ICL before starting the collection.

1. Lift the toilet seat. Place the plastic holder across the rim of the toilet bowl so the shorter supports are at the back of the toilet bowl and the longer supports are in the middle of the toilet bowl.
2. Remove the cap from the collection container.
3. Place the container in the hole of the holder (Figure 1).
4. Put the toilet seat down (Figure 2). Depending on the water level in the toilet and the shape of the toilet seat, the collection container may float and rise.
5. After your bowel movement, remove the collection container. With the container on a flat surface, place the lid on top of the container and press down firmly until you hear a "click" or "snap." Then screw the lid on the rest of the way; it may not screw very far.

Please refrigerate the specimen until the 72-hour collection is complete. Avoid Urine or Blood Contamination during collection. Add stool to either of the two collection containers if you have more than two bowel movements during the 72-hour collection.

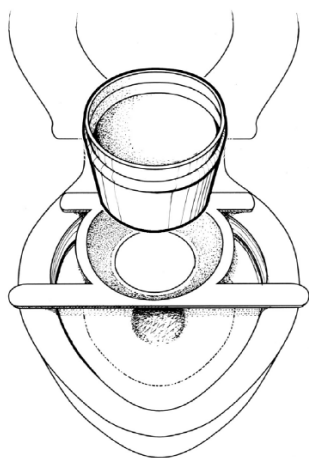


Figure 1. Placing the collection container in holder

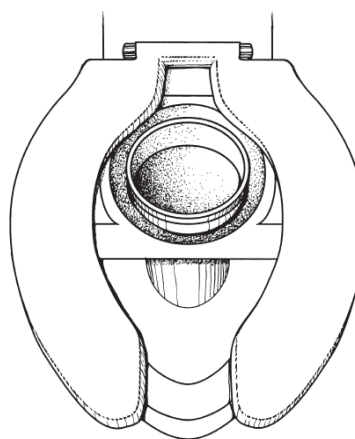


Figure 2. Collection container in holder with toilet seat down

If you prefer, keep the closed collection container in the refrigerator to lessen the odor. This will not affect your test results. When your collection is complete, make sure you have screwed the cap evenly and tightly onto the collection container before shipping. If the sample leaks it will not be suitable for testing. Discard the toilet adapter when completed.

6. Write patient name, DOB, Start and End Date/ Time of collection on the container. Label the containers X of X (ie, 1 of 2, 2 of 2).
7. Put the specimen container in big plastic bag provided and seal from the top.
8. Place the collection container in the foam insulated box sent to you.
9. Put the requisition in the box.
10. Put the frozen ice pack in the box next to the sample.
11. Stick the waybill sticker on top on the box and drop it off at Purolator.

Please **do not** send the any other stool tests with this box.
Kindly notify us via email once the specimen is sent.

The sample must be shipped back to ICL Monday-Thursday only so we can receive the sample within 24hrs of collection to keep stability...otherwise the sample may not be suitable for testing.

72-hour Fecal Fat: price: \$100.20

Please send advance notification to: specialtyservices@iclabs.ca **of the sample being shipped to ICL so the receipt can be coordinated with our specimen management team and then contact you to process payment.**

Payment will be made over the phone by Credit card (Visa/Mastercard) after the sample has been received at ICL and confirmed as suitable for testing.

If you have further questions, please contact Speciality Service at ICL (416) 422-3000 Ext. 304

Speciality Service
specialtyservices@iclabs.ca