

## Mayo Clinic Fecal Fat Collection Instructions

**Container/Tube:** Stool container (Obtain from ICL)

**Specimen Volume:**

**Preferred:** Entire 48-, or 72-hour collection

**Acceptable:** Entire 24-hour or random collection

**Collection Instructions:**

1. All containers must be sent together.
2. The entire collection must contain at least 5 g of feces.
3. **For a random collection, a minimum of 5 g (do not send entire collection) is required.**
4. The number of containers sent should be indicated on the labels (1 of 4, for example).

**Additional Information:**

1. **Length of collection period is required.**
2. Patient can store sample at refrigerated temperature during collection period.
3. 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 (e.g. Olestra) or fat-blocking nutritional supplements
4. The use of diaper rash ointments will falsely elevate test results. Discontinue use during collection period.
5. Barium interferes with test procedure; a waiting period of 48 hours before stool collection analysis is recommended.