

Three (3) Day Faecal Fat Collection

Why Am I Having This Test?

Your doctor has requested this test to assess your ability to digest and use fat from your diet. This collection is necessary as it allows us to measure your total body output of fat, which assists your doctor in making a diagnosis.

How Do You Collect This Specimen Over 3 Days?

You will need a collection container and a special high fat diet sheet. If you were not given these by your doctor or clinic, you can pick them up from one of our collection centres.

Sample Collection

Day 1: Commence the high fat diet.

You must start the special diet 2 days before beginning the sample collection. Start your special diet at breakfast time. (For special high fat diet please see over page).

Day 3: Commence faeces collection.

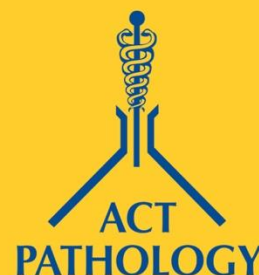
After 2 days on the special diet (that is from the time you get up on day three) empty your bowels note DATE & TIME and discard this specimen. The next faeces passed collect into a pan then transfer to the collection container or pass the faeces directly into the collection container. Be careful not to pass urine into the container. Continue collecting all faeces from every bowel movement in this way for THREE DAYS (until the morning of day 6). Please seal the container after each use and keep the container in a cool dry place.

Day 6: Stop the collection.

Before breakfast on Day 6 stop the collection.

Bring the container and the Pathology request form to any of our collection centres as soon as possible after you have finished.

Phone 02 5124 2932 Fax 02 5124 2815
actpathology@act.gov.au
www.health.act.gov.au/services/act-pathology
Gilmore Crescent Garran ACT 2605 PO Box 11 Woden ACT 2606



Special High Fat Diet Instructions

High Fat Diet for Those aged 14 Years or Older

For TWO DAYS BEFORE you start your collection and for the whole THREE DAYS OF THE COLLECTION, you should eat at least 100 grams of fat per day. This can be done by eating the following during each day or following the sample meal plan below:

- 3 Glasses (or 300 ml) of FULL CREAM milk AND
- 2 Tablespoons of Butter or Margarine AND
- 2 Tablespoons of Cream or 2 Scoops of Ice cream AND
- 2 Medium serves (150gm) of Red or White Meat AND
- 120gm Cheese

(Note: Please exclude margarines, spreads and milks containing plant sterols e.g. "Logical" for the five days of the test.)

- Eat normal serves of bread, cereal, vegetables

Sample Meal Plan

The bold foods provide the fat for the test.

Breakfast: Cereal and milk (1 cup)

1-2 slices toast, or cracker biscuits, with

3 teaspoons butter/margarine

jam/spread as desired

Lunch: 1 Large serve meat/poultry/cheese

1-2 slices bread with 3 teaspoons butter/margarine

Vegetables or salad

Milkshake (1 glass milk and 2 scoops icecream)

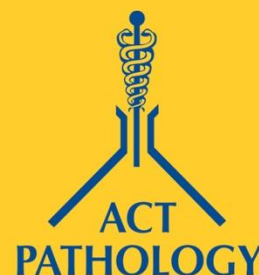
Dinner: 1 large serve meat/poultry/cheese

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Roast/mashed potato or 1-2 slices bread with

3 teaspoons butter/margarine

1 serve canned fruit and 2 tablespoons cream/ 2 scoops icecream

1 glass milk

Snacks: 3-4 cream filled biscuits

High Fat Diet For Those Aged 13 Years Or Younger

For TWO DAYS BEFORE you start your collection and for the whole THREE DAYS OF THE COLLECTION, you should eat some fat. Please contact the Nutrition Department at The Canberra Hospital, [phone (02) 5124 2567 or (02) 5124 2211] who will advise on the special diet requirements.

For information regarding the high fat diet or meal plan please contact the

Nutrition Department at the Canberra Hospital on 5124 2567

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