

How to Collect a 72 Hour Timed Stool Sample for Fat

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

Before collecting:

- Follow instructions on diet provided by your physician's office.

How to collect the samples:

- Collect **ALL** stool passed for a 72 hour (3 day) period.
- Collect all stool into the large collection can that is given to you by the laboratory.
 - **For a baby**, stool from diapers is scraped into the collection can 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 chair, or the child may sit directly on the collection can
 - **For an adult** collect the stool directly into the collection can
- If, during the collection time, the can is getting to be more than 2/3 full, obtain another can from the laboratory to complete the test.

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

Storage of the collection can:

- Keep the collection can 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 can on tightly.

What to do after collecting the samples

- The can 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 can to the laboratory the same day the test is finished (including weekends and holidays).

Questions? Call Laboratory Customer Service at 815-966-2689

