

FAT IN THE STOOLS

Procedure no.: BIO-IPA-002

Version: 003

Status: Active

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1.0 Sample collection

1.1 To avoid delays, please notify the biochemistry laboratory ahead of time so that the container can be prepared: 450-759-8222, ext. 2618.

1.2 Follow a diet for 5 consecutive days.

1.2.1 This diet consists of ingesting 70 to 100 g of fat per day.

(Consult the diet recommendation sheets in appendices 1 and 2)

1.3 First and second days of the diet:

Do not keep your stools.

1.4 Third, fourth and fifth days:

1.4.1 Keep your stools in the same container.

Do not fill more than two-thirds. If necessary, reduce the collection period and indicate the time and date that the collection was stopped. The laboratory will make the necessary calculation.

Important: Do not take any laxatives or consume alcohol 24 hours before the test.

2.0 Storage

Keep the container in the refrigerator.

3.0 Transportation

Return the container to the laboratory reception during opening hours: Monday to Friday, 8 a.m. to 4 p.m.

4.0 For more information

Contact the laboratory reception at: 450-759-8222, ext. 2606

5.0 Person(s) in charge

Dr. John Westerlund, MD

Biochemist

2014-10-07

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Appendix 1

1.0 Mandatory diet

Fat (g)

1.1 Breakfast

- | | |
|---|-------|
| <input type="checkbox"/> 1 egg or 1 ounce of cheese | 5 |
| <input type="checkbox"/> 2 tsp butter | 10.25 |
| <input type="checkbox"/> 2 strips of bacon or 2 ounces of ham | 5 |

Or

- | | |
|---|------|
| <input type="checkbox"/> 1 tbsp peanut butter | 10 |
| <input type="checkbox"/> 1 tsp butter | 5.25 |
| <input type="checkbox"/> 1 cup whole milk | 10 |

1.2 Lunch

- | | |
|---|--------------|
| <input type="checkbox"/> 4 ounces cooked meat or poultry (lean) | 10 |
| <input type="checkbox"/> 4 ounces cooked meat or poultry (fatty) | 20 |
| <input type="checkbox"/> 2 tsp butter and/or margarine and/or oil and/or mayonnaise | 10/food item |

1.3 Supper

- | | |
|--|-------|
| <input type="checkbox"/> Same as lunch | 30-50 |
|--|-------|

1.4 Snack


- | | |
|---|----|
| <input type="checkbox"/> 1½ cups whole milk | 15 |
|---|----|

Or

- | | |
|--|----|
| <input type="checkbox"/> 1 ounce cheese and 2 tsp butter | 15 |
|--|----|

Or

- | | |
|--|----|
| <input type="checkbox"/> 1 tbsp peanut butter, 1 tsp butter or margarine | 15 |
| <input type="checkbox"/> ¾ cup ice cream | 15 |

 <p>Centre de santé et de services sociaux du Nord de Lanaudière</p>	<p>Medical Biology Pre-Analysis Procedures Manual Instructions for the patient</p>		<p>Laboratory</p>
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Appendix 2

1.0 Optional diet

The following foods (**optional**) can be added to your mandatory diet.

1.1 Breakfast

- Fresh fruit or fruit juice
- Cereal
- Toast
- Weak coffee or tea
- Sugar, salt

1.2 Lunch and supper

- Juice or soup
- Potato, rice, pasta
- Bread, soda crackers, melba toast
- Fruit, Jell-O, social tea cookies
- Weak coffee or tea
- Sugar, salt

1.3 Snack

- Cereal
- Fruit or juice
- Jell-O
- Bread, cookie