

# Faecal Fat 72 Hr Collection

## Equipment

- 1.4 Litre Tin

## Introduction

Prior to the commencement of collection, a normal dietary fat intake must be consumed. This is usually accepted as 50- 100g of fat per day. This is present in a normal diet. However, if you are on a low fat diet, it may need to be supplemented by either 1 litre of milk or 50g of butter per day.

In these cases, consultation should be made with the laboratory prior to commencement.

## Collection Introductions

1. All specimens must be collected in the 4 litre tin provided.
2. Debris must not be included in the container, i.e no soiled paper etc, as this will invalidate the test.
3. Contamination of the faeces with urine should be avoided.
4. Keep the container cool during collection.
5. Collect faeces for a period of 72 hours (3 days).

Day 1	8:00am	Attempt to defaecate and discard this faecal specimen. Collect all subsequent faecal specimens on day 1 into the tin.
Day 2		Collect all subsequent faecal specimens into the tin.
Day 3		Collect all subsequent faecal specimens into the tin.
Day 4	8:00am	Attempt to defaecate and collect this faecal specimen into the tin.
		The collection is now complete.

6. When complete, return the container, containing all specimens, to the Collection Centre.

**Please telephone the Collection's Advisor on (02) 9005 7729**

**if you are uncertain about any of these instructions.**