

72-Hour Stool Collection for FDR Quantitative Fecal Fat and Weight Prep Instructions

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Diet

Start the attached diet 72 hours prior to collecting any stools and continue with the diet during the three days you are collecting stools. Consume 100 grams of fat each day for 6 days (3 days prior to the test and 3 days during the test.) It is important to follow this diet accurately to insure an effective test.

Medications

Do not take any anti-diarrhea medications during stool collection days.

Supplies Needed

You will need three 24-hour stool specimen containers and a collection cap to put in your toilet. The containers can be picked up at the lab where you will be taking your specimens. The collection cap can be picked up at the central supply department of any hospital.

Stool Collection

The morning you begin collecting stools, note the time of the first bowel movement. Discard this stool. From this time until the same time the following day is your 1st 24-hour stool collection.

The following morning at the same time you noted your first bowel movement from the previous day, begins your 2nd 24-hour stool collection.

The same time the following day begins your 3rd 24-hour stool collection.

The only stool you discard is the very first bowel movement on the 1st day.

Take the stool specimens to the lab each day as you complete them. Label each specimen with your name, time and date. Call the office when you have completed all three stool collections. We will get the results and call you back. It will take 5-7 days for us to receive the results. Be sure to tell us what lab and what day you turned in the stool specimens.

Please call the office with any questions, 318.325.2634