



## 72-HOUR STOOL FAT TEST

This is a test to see how much fat is malabsorbed from an 80 -100 gram fat diet. Please follow the instructions below:

- Try to eat all of the provided diet yourself and nothing else.
- Starting with first bowel movement, collect all bowel movement for the next 72 hours in the special container provided. Record starting time \_\_\_\_\_.
- Do not urinate into the provided container.
- Keep stool container in refrigerator between bowel movements.
- Do not use laxatives, enemas, anti-diarrhea agents or antacids during the 72 hours of collection.
- Do not miss any meals or take any other test requiring you to miss a meal.

### 100 GRAM DIET FOR FAT TEST

This diet should be eaten for **3 consecutive days and during collection of the specimen**, unless otherwise indicated your doctor.

#### **Breakfast**

Fruit juice  
Dry or cooked cereal  
Toast  
2 tsp margarine\*  
1 cup whole milk\*  
Coffee or tea with sugar

#### **Lunch/Dinner**

3 oz. cooked meat\*  
Plain potato and/or bread  
Salad and/or vegetable  
2 tsp margarine or oil\*  
Fruit  
1 cup whole milk\*  
Coffee or tea with sugar

\*All items must be eaten in the amount indicated

If you have any questions regarding this diet, contact your physician.