

## Fecal Fat Test

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Patient Name: \_\_\_\_\_

### Please read these instructions!

- **Not following these instructions will produce poor results and may provide an incorrect diagnosis.**
- If you have any questions regarding these instructions, please call:
  - Outpatient Dietitian at 613-544-3400, extension 3338

**OR call:**

- GI Function Unit at 613-544-3400, extension 2417
  - Mondays and Fridays 8:00am to 12:00 pm
  - Tuesdays, Wednesdays, Thursdays 8:00am to 2:00pm

### What is a Fecal Fat test?

The Fecal Fat Test will measure the amount of fat you eliminate in your stool. This will help your doctor to determine if you are digesting or absorbing fat properly. Poor digestion or absorption of fat is called “fat malabsorption” and this can affect how your body uses nutrients, and can affect your health.

### What do I need to do?

- The test requires that you eat a high fat diet, carefully record your food intake on a “Food and Drink Record” sheet (see page 9), and collect your stools. The diet is followed for five days and the stools are collected during the last 72 hours. You should have 5 copies of the Food and Drink Record sheet for the days on which you will be recording your food and drink intake. Use one page per day.
- The test requires your total commitment and ideally should be done during a six day period where you will be eating at home and able to collect your stools.
- You should **not** end the test on a day that the Gastroenterology (GI) Function Unit is closed (Saturday or Sunday or a holiday).

( Affix Addressograph Label here )

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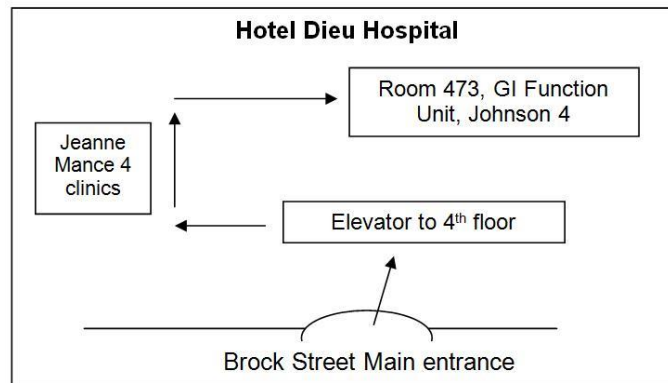
Fecal Fat Test Schedule		
Stage	Record Day of Week here	Procedure (g=grams)
Day 1		<ul style="list-style-type: none"><li>• Consume and record (<i>on the Food and Drink Record sheet</i>) 100g fat diet</li></ul>
Day 2		<ul style="list-style-type: none"><li>• Consume and record 100g fat diet</li></ul>
Day 3		<ul style="list-style-type: none"><li>• Begin stool collection at 8 a.m.</li><li>• Save all stool samples in cans provided and keep them cool</li><li>• Consume and record 100g fat diet</li></ul>
Day 4		<ul style="list-style-type: none"><li>• Continue to collect stool samples</li><li>• Consume and record 100g fat diet</li></ul>
Day 5		<ul style="list-style-type: none"><li>• Continue to collect stool samples</li><li>• Consume and record 100g fat diet</li></ul>
Day 6 (should not be a Saturday, Sunday, or a holiday)		<ul style="list-style-type: none"><li>• Collect any stool passed prior to 8 a.m.</li><li>• Do not record food intake. Resume your regular diet</li><li>• Return containers and Food &amp; Drink Records sheets*</li></ul>
<ul style="list-style-type: none"><li>• <b>*Please make sure containers and the 'Food and Drink Record' sheets are labeled with your name.</b></li><li>• <b>Return your containers and Food &amp; Drink Record sheets to either the GI Function Unit at Hotel Dieu Hospital (Level 4, Johnson Wing), or the lab where you picked them up.</b></li></ul>		

## Stool Collection

- The aim is to collect all stools **during the last 72 hours** of the test.
- Materials needed for stool collection:
  - stool collector (*fits over toilet seat to collect stools*)
  - two cans (*labeled with your name*)
  - ice and/or a cold area (*to keep specimen cold to minimize growth of bacteria and breakdown of fat*)
- **During the stool collection do not take any laxative, or medications such as Lomotil, modium or Questran.**

## Instructions for Stool Collection

- Start collecting your stools on the third day of your high fat diet. Begin to collect all stools after 8 a.m. on that day.
- Use the stool collector on your toilet seat and carefully transfer stool to the can each time.
- Do not fill either can more than 2/3 full.
- Try not to mix stool and urine.
- Cans must be kept on ice or stored in cold storage area to prevent bacterial growth and breakdown of fat.
- After completion of your stool collection, return containers and the 'Food and Drink Record' sheets to the GI Function Unit located on Johnson Wing, Level 4, Room 473, at Hotel Dieu Hospital, or to the lab where you picked them up. **Make sure that your name is on all the stool collection containers.** Remember, the HDH GI Function Unit is closed on weekends and holidays.



## The Diet

The aim is to eat a high fat diet of approximately **100 grams of fat each day** for **five days**.

- You must record **all food and drink** eaten during the five days.
- All food and drink must be measured or weighed during these five days. Record amounts in cups, teaspoons (tsp.), tablespoons (Tbsp.) and ounces (oz.), or, if using metric measures, millilitres (ml) and grams (g).
- Write down the amount of margarine, butter, oil, salad dressing, mayonnaise, gravy, etc. that is added to food.
- When using products, write down the brand name of the product and, if available, the amount of fat per serving. **Please bring in food labels, if possible.**
- Please keep meals as simple as possible during the test. For example, a meal of meat, potato and vegetable will be easier to measure for fat content than a casserole, lasagna or meals eaten at a restaurant.
- Eating out or at friends' homes is **not recommended** during this test.

- Below there is a **sample** of how food and drink should be recorded. A supply of forms is also provided for you to record your intake. *(N.B. If you are accessing this brochure via the Internet, please print 5 copies of the Food and Drink Record sheet found at the end of this brochure, to use for the days on which you will be recording your food and drink intake. Use one sheet per day.)*
- On pages 5 - 8 there is a list of foods and their fat content to help you choose high fat foods.
- Return this guide (with your name on it) as soon as you have finished the test, to the GI Function Testing Unit (Johnson Wing, Level 4 of Hotel Dieu Hospital, Room 473), or the lab where you picked up the cans.

## Sample Food and Drink Record

Use this Sample Food and Drink Record as a guide to help you fill out the Food and Drink Record each day:

FOOD AND DRINK RECORD				
Time	Food Item	Amount	Details and/or Brand Name	Grams of Fat
8am	Orange	1 medium		0.0
	Toast	2 slices	Weston's whole wheat	4.0
	Butter	2 tsp.		8.0
	Jam	2 tsp.		0.0
	Peanut butter	1 Tbsp.	Kraft, regular	8.0
	Coffee-black			0.0
	Milk-homo	4 ounces		4.2
12:30pm	Sandwich:			
	- bread	2 slices	Weston's whole wheat	4.0
	- egg	1 medium	Boiled	4.3
	- butter	2 tsp.		8.0
	- regular mayonnaise	1 Tbsp.	Regular	11.0
	- lettuce			0.0
	- tomato			0.0
	Apple	1		0.0
	Cookie	2	Dare chocolate chip (check label)	7.0
	Milk-homo	8 ounces		8.0
5:00pm	Chicken	3 ounces	Roasted, no skin	5.0
	Potatoes	2 medium	Boiled, plain	0.0
	Carrots	1 cup		0.0
	Butter	1 Tbsp.	Divided between potato and carrots	11.0
	Tossed salad	1 cup		0.0
	Salad dressing	1 Tbsp.	Kraft Great Beginnings Italian (check label)	6.0
	Milk-homo	4 ounces		4.2
	Ice cream	½ cup	Beatrice Old Fashioned Chocolate (check label)	8.0
9:00pm	Cookies	2	Peak Frean Digestive – milk chocolate (check label)	7.0
	Tea with milk (homo)	1 ounce		1.0
TOTAL grams of fat				108.7

## Fat Scoreboard\*

This *Fat Scoreboard* lists the approximate fat content of some common foods. You can also learn about the fat content of various foods from the nutrition labels on some food packages, in order to complete the fat content section on the Food and Drink Record.

### Meat, Fish, Poultry and Meat Alternatives:

Note: there is no easy way to describe what 3 ounces (oz) or 90-100 grams of meat, poultry or fish looks like. It's a small amount, probably much smaller than you are used to eating. As a rough guide, the following examples will give you an idea of what 3 ounces looks like: 1 chicken breast (whole chicken has 2 breast portions); 1 loin pork chop or 2 loin lamp chops; a piece of meat about the size and thickness of a cooked, quarter-pound hamburger; a fillet of fish about the length of your outstretched hand and as wide as your three middle fingers; a deck of cards.

*\*Fat Scoreboard is adapted, with permission, from the original developed by the Canadian Cancer Society, September 1992.*

<b>FAT SCOREBOARD</b>	<b>Approx. fat in grams</b>
<b>MEAT: 3oz / 90-100g lean cuts, cooked</b>	
Beef.....	8.0
Lamb.....	11.0
Pork.....	8.0
Veal.....	6.0
Liver – calf.....	13.0
Liver – chicken.....	5.0
<b>DELI OR LUNCHEON-TYPE MEAT</b>	
2 slices bacon.....	5.0
1 beef or pork wiener.....	11.0
1 chicken/turkey wiener.....	7.0
1 slice cooked ham 1 oz / 30 g.....	2.0
1 slice salami ¾ oz / 23 g.....	6.0
1 slice bologna ¾ oz / 23 g.....	6.0
1 small sausage (16 per lb).....	5.0
1 large sausage.....	22.0
<b>CHICKEN OR TURKEY: 3oz / 90-100 g</b>	
White (dark) meat no skin.....	3.0 (5.0)
White (dark) meat with skin.....	7.0 (10.0)
<b>FISH: 3 oz / 90-100 g</b>	
Fatty fish:	
Salmon, trout, sardines.....	10.0
Medium-fat fish:	
Mackerel, coho salmon, chum salmon, halibut.....	5.0
Lower-fat fish:	
scallops, cod, sole, haddock, whitefish, bluefish, shellfish, lobster.....	1.0
Tuna ½ cup / 125 ml	
Canned in water/broth.....	1.0
Canned in oil.....	9.0
Salmon ½ cup / 125 ml (in oil).....	9.0
Frozen fish: Batter, fried (1 piece).....	9.0

<b>FAT SCOREBOARD</b>	<b>Approx. fat in grams</b>
<b>MEAT ALTERNATIVES</b>	
1 large egg .....	5.0
Legumes: 1 cup / 250 ml, cooked (Lentils, white beans, kidney beans, split peas) .....	1.0
Baked beans: 1 cup / 250 ml .....	8.2
Garbanzo beans or chick peas: 1 cup / 250 ml, cooked.....	4.0
Nuts: ½ cup / 125 ml (almonds, cashews, peanuts, pecans, pistachios, walnuts).....	40.0
Peanut butter: 1 tbs. / 15 ml .....	8.0
Seeds: ½ cup / 125 ml (pumpkin, sesame, sunflower).....	40.0
Tofu: 1 piece, about 3" square .....	4.0
Hummus: 2 Tbsp. ....	3.0
<b>MILK PRODUCTS</b>	
Milk: 8oz / 250 ml	
Whole (homogenized) .....	9.0
2%.....	5.0
1%.....	2.5
Skim .....	0.0
Cheese: 1.5 oz / 45 g	
Cheese 29% to 31% fat (M.F. or B.F).....	15.0
(e.g.: cheddar, gouda, gruyere, muenster, swiss, parmesan, cream cheese)	
Cheese about 15% fat .....	7.0
(e.g.: partly skimmed mozzarella, ricotta)	
Cheese about 7% fat.....	7.0
(e.g.: low-fat and light cheeses)	
Cottage Cheese: ½ cup / 125 ml	
Creamed 4.5% .....	5.0
2% fat.....	2.5
Yoghurt: ¾ cup / 175 ml	
about 6% B.F.....	7.0
About 2.5% B.F. ....	5.0
About 1.5% B.F. ....	3.0
Frozen Yoghurt: ½ cup / 125 ml	
2% B.F. ....	2.5
Ice Cream: ½ cup / 125 ml / 1 scoop	
Rich, gourmet type, 16% B.F.....	15.0
Regular 10% B.F. ....	8.0
Sherbet: ½ cup / 125 ml .....	2.0
Cream: 1 tbs./ 15 ml or 1 creamer .....	2.0
Coffee cream 10% B.F. ....	2.0
<b>VEGETABLES AND FRUIT</b>	
All but avocado.....	traces
Avocado, ½ medium.....	14.0
Caesar salad, large .....	41.0
<b>OILS AND TABLE FATS: 1 tbs. / 15 ml</b>	
All oils.....	14.0
Butter and margarine.....	11.0
Mayonnaise.....	11.0
Salad dressing .....	6.0
Sour cream.....	3.0

<b>FAT SCOREBOARD</b>	<b>Approx. fat in grams</b>
<b>GRAIN PRODUCTS</b>	
Bread, buns, pita, tortillas .....	0.0 – 2.0
Bagel (whole) .....	2.0
Hot dog or hamburger bun .....	3.0
Most cold breakfast cereals .....	traces
Granola: ½ cup / 125 ml .....	12.0
Oatmeal: 1 cup / 250 ml cooked .....	2.0
Rice, barley, bulgar .....	traces
Pasta (macaroni, spaghetti) .....	traces
Noodles: chow mein type, 1 cup / 250 ml .....	11.0
Pancake, 1 medium (4" diameter) .....	2.0
Baked Goods:	
Croissant (small) .....	9.0
Muffin, homemade .....	4.0
Muffin, shop-type .....	12.0
Piece of cake and icing .....	12.0
Piece of cheesecake .....	18.0
Chocolate chip cookie .....	6.0
Peanut butter cookie .....	7.0
Arrowroot cookies (2) .....	2.0
Piece of fruit pie, two crust .....	18.0
Doughnut .....	10.0
Danish .....	9.0
Cracker (1) most varieties .....	1.0
Melba toast, soda crackers, rice cakes, water biscuits .....	traces
<b>COMBINATION DISHES</b>	
Macaroni and cheese, 1 cup / 250 ml .....	23.0
Quiche Lorraine, 1/8 of 9" pie .....	48.0
Spaghetti with meat balls .....	12.0
Chili, 1 cup / 250 ml .....	8.0
Lasagna (meat and cheese), 1 serving .....	35.0
Shepherd's pie, 1 serving .....	13.0
<b>SNACK FOODS, FAST FOODS AND FROZEN ENTREES</b>	
Potato chips, cheesies, small bag 55g .....	20.0
Pretzels .....	traces
Popcorn, popped 4 cups / 1 L	
Air popped, light butter .....	22.0
Gourmet cheese type .....	20.0
Microwave, 1/3 bag, regular .....	5.0
Microwave, 1/3 bag, light .....	1.5
Chocolate bar, small (56g) .....	20.0
Taco, 1 .....	8.0
Fried chicken, 2 pieces with fries .....	26.0
Fish sandwich .....	25.0
Fish and chips .....	30.0
Medium pizza, vegetarian, 2 slices .....	13.0
Medium Pizza, the works, 2 slices .....	26.0
Deluxe burger, 2 patties, cheese .....	44.0
Box of French fries .....	12.0
Milkshake .....	11.0

<b>FAT SCOREBOARD</b>	<b>Approx. fat in grams</b>
Chicken sandwich, breaded, fried.....	33.0
Frozen entrée or dinner, 1 person .....	19.0
Frozen entrée or dinner (light), 1 person .....	8.0
<b>MISCELLANEOUS:</b>	
Jams, jellies, honeys, syrups .....	traces
Condiments: ketchup, mustard, relishes, pickles .....	traces

## Reading Food Labels:

1 cup	→	<b>Nutrition Facts</b>	
		<b>Valeur nutritive</b>	
Fat / Lipides 13 g	→	Per 1 cup (264g) pour 1 tasse (264g)	
		Amount Quatité	% Daily Value % valeur quotidienne
This product contains <b>13 grams</b> of fat in <b>one cup</b>	→	Calories/Calories 260	
		Fat / Lipides 13g	20%
		Saturated/ satures 3g + Trans / trans 2g	25%
		Cholesterol/Cholesterol 30mg	
		Sodium / Sodium 660mg	28%
		Carbohydrate / Glucides 31g	10%
		Fibre / Fibres 0g	0%
		Sugars / Sucres 5 g	
		Protein / Proteines 5g	
		Vitamin A / Vitamine A	4%
		Vitamin C / Vitamine C	2%
		Calcium / Calcium	15%
		Iron / Fer	4%



