

# 3 DAY FAECAL FAT COLLECTION

All faeces is to be collected over a three day period using the container(s) supplied. All faeces may be collected into one container, or a separate container may be used for each 24 hour period. When completed, ensure the lid is well sealed and write your name and the date of collection on the label. Store the container(s) upright in a cool place (e.g. chilled esky or fridge) until the three days have been completed. Do not place nappy liners, plastic bags, toilet paper or other foreign materials in the container(s).

## **Controlled Fat Intake Diet for 3 Day Faecal Fat Test**

For tests requested, a controlled fat intake diet (approx. 100g per day) may be required for one day prior to and during collection.

(Please note: For Dr J Evans and Dr L Dorrington, no special diet is required and three separate containers must be used)

## **A sample diet is as follows:**

### **Breakfast**

- 1/2 bowl of cereal with 150ml milk
- 1 egg, not fried
- 2 thin slices of toast with butter and jam

### **Lunch**

- Poultry, large serve
- Potato, not fried
- Vegetables and/or salad
- Fresh fruit
- 2 slices of bread
- 150ml milk

### **Dinner**

- Lean red meat, no fat, grilled or roasted
- Potato or rice
- 2 – 3 vegetables
- Tinned fruit with 50ml cream
- 1 slice of bread with butter and jam
- 200ml milk.

For a full list of our collection centres and their opening hours please visit [www.qml.com.au](http://www.qml.com.au) or call your local QML Pathology laboratory.