



Religious Hospitallers  
of Saint Joseph  
of the Hotel Dieu of Kingston  
HOTEL DIEU HOSPITAL

## PATIENT INFORMATION BROCHURE

# Fecal Fat Test

**Please read these instructions!**

**Not following these instructions will produce poor results and may provide an incorrect diagnosis.**

(Affix Addressograph label here)

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**HOTEL DIEU HOSPITAL**  
166 Brock Street  
Kingston, Ontario  
613-544-3310 1-855-544-3400

**[www.hoteldieu.com](http://www.hoteldieu.com)**

Our hospital is a **scent-safe** environment.  
Please refrain from wearing scented products.

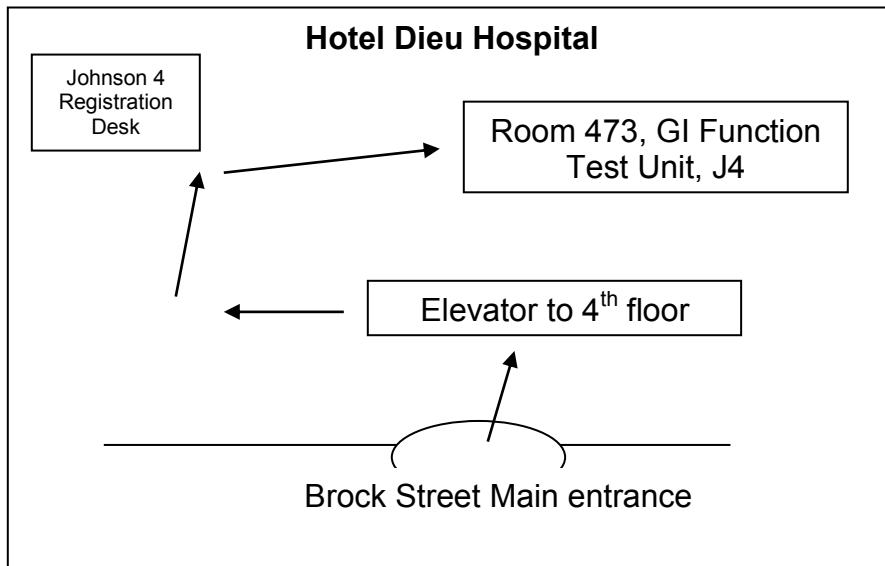
**If you have any questions regarding these instructions, please call:**

Outpatient Dietitian at 613-544-3400, extension 3338

**OR**

GI Function Unit at 613-544-3400, extension 2417

Monday	8:00am to 12:00 pm
Tuesday	8:00am to 2:00pm
Wednesday	8:00am to 2:00pm
Thursday	8:00am to 2:00pm
Friday	8:00am to 12:00pm



Reviewed by: GI Function Unit Staff,  
Hotel Dieu Hospital, Kingston, Ontario

Prepared by Education & Organizational Development  
Date of Last Review: 2015 February

# 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 (copy attached), 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 holiday).

<b>Fecal Fat Test Schedule</b>		
<b>Stage</b>	<b>Record Day of Week here</b>	<b>Procedure (g=grams)</b>
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 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>
<p><b>*Please make sure containers and the ‘Food and Drink Record’ sheets are labeled with your name. 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></p>		

# 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, Imodium or Questran.**

- 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 g 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, tablespoons and ounces, or, if using metric measures, millilitres and grams.
- 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.
- On page 4 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 and 6 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

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

<b>FOOD AND DRINK RECORD</b>				
Time	Food Item	Amount	Details and/or Brand Name	Grams of Fat
<b>8am</b>	Orange	1 medium		0
	Toast	2 slices	Weston's whole wheat	4
	Butter	2 tsp.		8
	Jam	2 tsp.		0
	Peanut butter	1 Tbsp.	Kraft, regular	8
	Coffee-black			0
	Milk-homo	4 ounces		4.2
<b>12:30pm</b>	Sandwich:			
	- bread	2 slices	Weston's whole wheat	4
	- egg	1 medium	Boiled	4.3
	- butter	2 tsp.		8
	- regular mayonnaise	1 Tbsp.	Regular	11
	- lettuce			0
	- tomato			0
	Apple	1		0
	Cookie	2	Dare chocolate chip ( <i>check label</i> )	7
	Milk-homo	8 ounces		8
<b>5:00pm</b>	Chicken	3 ounces	Roasted, no skin	5
	Potatoes	2 medium	Boiled, plain	0
	Carrots	1 cup		0
	Butter	1 Tbsp.	Divided between potato and carrots	11
	Tossed salad	1 cup		0
	Salad dressing	1 Tbsp.	Kraft Great Beginnings Italian ( <i>check label</i> )	6
	Milk-homo	4 ounces		4.2
	Ice cream	½ cup	Beatrice Old Fashioned Chocolate ( <i>check label</i> )	8
<b>9:00pm</b>	Cookies	2	Peak Frean Digestive – milk chocolate ( <i>check label</i> )	7
	Tea with milk (homo)	1 ounce		1
<b>TOTAL grams of fat</b>				<b>108.7</b>

## 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, 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, 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 lamb 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.

	Approximate Fat in Grams		Approximate Fat in Grams
<b>MEAT: 3 oz./90-100g lean cuts, cooked</b>		<b>MEAT ALTERNATIVES</b>	
Beef	8.0	1 large egg	5.0
Lamb	11.0	Legumes - 1 cup/250 ml, cooked	
Pork	8.0	lentils; white beans; kidney	
Veal	6.0	beans; split peas	1.0
Liver - calf	13.0	Baked beans - 1 cup/250 ml	8.2
- chicken	5.0	Garbanzo beans or chick peas	
		1 cup/250 ml, cooked	4.0
		Nuts - ½ cup/125 ml	40.0
		(almonds; cashews; peanuts;	
		pecans; pistachios; walnuts)	
		Peanut butter - 1 tbs./15 ml	8.0
		Seeds - ½ cup/125 ml	40.0
		pumpkin; sesame; sunflower	
		Tofu - 1 piece about 3" square	4.0
		Hummus – 2 Tbsp.	3.0
<b>DELI OR LUNCHEON-TYPE MEAT</b>		<b>MILK PRODUCTS</b>	
2 slices bacon	5.0	<b>Milk: 8 oz./250 ml</b>	
1 beef or pork wiener	11.0	whole (homogenized)	9.0
1 chicken/turkey wiener	7.0	2%	5.0
1 slice cooked ham 1 oz/30g	2.0	1%	2.5
1 slice salami ¾ oz./23g	6.0	Skim	0.0
1 slice bologna ¾ oz./23g	6.0		
1 small sausage (16 per lb.)	5.0		
1 large sausage	22.0		
		<b>Cheese: 1.5 oz./45g</b>	
		Cheese 29% to 31% fat	
		(M.F. or B.F.)	
		Examples: Cheddar; Gouda;	
		Gruyere; Muenster; Swiss;	
		Parmesan; cream cheese	
		Cheese about 15% fat	
		Examples: Partly skimmed	
		mozzarella; ricotta	
		Cheese about 7% fat	
		Examples: low-fat and	
		light cheeses	
<b>CHICKEN OR TURKEY: 3 oz./90-100g</b>			
white (dark) meat no skin	3.0 (5.0)		
white (dark) meat with skin	7.0 (10.0)		
<b>FISH: 3 oz./90-100g</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 c./125 ml (in oil)	9.0		
Frozen fish			
batter, fried (1 piece)	9.0		

Continued on next page...

**MILK PRODUCTS** continued

	Approximate Fat in Grams
<b>Cottage cheese: ½ cup/125 ml</b>	
creamed 4.5%	5.0
2% fat	2.5
<b>Yogurt: ¾ cup/175 ml</b>	
about 6% B.F.	7.0
about 2.5% B.F.	5.0
about 1.5% B.F.	3.0
<b>Frozen Yogurt: 1/2 cup/125 ml</b>	
2% B.F.	2.5
<b>Ice Cream: ½ cup/125 ml/1 scoop</b>	
Rich, gourmet type, 16%B.F.	15.0
Regular 10% B.F.	8.0
<b>Sherbet: ½ cup/125 ml</b>	2.0
<b>Cream: 1 tbs./15 ml or 1 creamer</b>	2.0
Coffee cream, 10% B.F.	2.0

**VEGETABLES AND FRUIT**

all but avocado	traces
Avocado, ½ medium	14.0
Caesar salad, large	41.0

**OILS AND TABLE FATS: 1 Tbs./15 ml**

all oils	14.0
Butter and margarine	11.0
Mayonnaise	11.0
Salad dressing	6.0
Sour Cream	3.0

**GRAIN PRODUCTS**

Bread, buns, pita, tortillas	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" diam.)	2.0
Baked Goods:	
croissant (small)	9.0
muffin, homemade	4.0
muffin, shop-type	12.0
piece of cake & icing	12.0
piece of cheesecake	18.0
chocolate chip cookie	6.0
peanut butter cookie	7.0

**Baked goods (continued)**

	Approximate Fat in Grams
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

**COMBINATION DISHES**

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

**SNACK FOODS, FAST FOODS AND  
FROZEN ENTREES**

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 light	5.0 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
Chicken sandwich, breaded, fried	33.0
Frozen entree or dinner, 1 person	19.0
Frozen entree or dinner (light) for 1 person	8.0

**MISCELLANEOUS**

Jams, jellies, honey, syrups	traces
Condiments: Ketchup, mustard relishes, pickles	traces

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



# Reading Food Labels

1 cup →

Fat/Lipides  
13gm →

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

This product contains **13gm** of fat in **one cup**

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## FOOD AND DRINK RECORD

Time	Food Item	Amount	Details and/or Brand Name (check label)	Grams of Fat*
<b>Total Grams of Fat</b>				

Return to the Gastroenterology Function Unit (Johnson Wing, Level 4, Room 473) with your stool samples, as soon as you have finished the test.

\*Refer to Fat Scoreboard (or food labels) to determine grams of fat intake. Dietitian will complete the 'grams of fat' column if you do not know how to calculate this.