

## Fecal Fat

This test is done when there is a concern that dietary fats are not properly absorbed. Malabsorption can occur from disorders in the pancreas, stomach, and small intestines. The diagnosis is made by measuring the fat content of stool for three consecutive days. To get the effective result, it is necessary to eat 100 grams of fat each day for six days. Begin the diet 3 days before the test. This fat load challenges the intestine to absorb fat. The amount of fat in the stool over a 24 hour period is measured to diagnose fat malabsorption.

- \* Fat intake should be from both animal and vegetable sources.
- \* Follow the instructions given by the laboratory on stool collection. Usually you have a canister for each day. Only place stool in the collection canisters.
- \* Information about the fat content of foods is readily available. Your food intake for the six days should include adequate grains, vegetables and fruits in addition to the 100 grams of fat.

### Sample menu:

Breakfast	Lunch	Dinner
Orange juice 4 oz	chicken salad	roast beef 4 oz
Bran flakes 1/2 cup	macaroni salad 1/2 cup	baked potato
Fried eggs 2 large	crackers 6	cooked carrots
Bacon 2 slices	apple	dinner roll
Wheat toast	coffee	gelatin 1/2 cup
Margarine 2 tsp	sugar 1 tsp	whipped topping 2 tbsp
Jelly 1 tbsp	salt 1 tsp	coffee 1 cup
Whole milk 8 oz	pepper 1 tsp	sugar 1 tsp
Coffee 1 cup		salt 1 tsp
Sugar 2 tsp		pepper 1 tsp
Salt 1 tsp		
Pepper 1 tsp		
Calories 2220	Fat 100 gms	Protein 90 gms
Carbohydrates 240 gm	Sodium 3995 mg	Potassium 3029 mg