

Faecal Collection for Reducing Substances (Lactose Intolerance)

Your doctor has requested the laboratory to determine whether you are absorbing lactose. Normally, all lactose is absorbed so that there is none left in the faeces.

Unfortunately, any remaining lactose will breakdown in 2-4 hours after you produce the specimen. Hence, the laboratory must do the test within 2 hours.

To do this, you will need to deliver the specimen to a Collection Centre within 1 hour of collection - preferably, directly to the main laboratory. If you are unable to deliver your sample direct to the main laboratory, please telephone your nearest Collection Centre to arrange a suitable collection and delivery time.

1. Using boiling water, wash out a plastic ice cream container (or similar).
2. Place the container in the toilet to catch the motion (specimen).
3. Simply pour into brown top container so it is about half full - **DO NOT FILL**
4. Please ensure the outside of the container is not soiled. Write your name, date and time of collection on the container label. Please deliver within 1 hour of collection.
5. If you are requested to produce more than one specimen, these should preferably be on successive days. If this is not possible, the specimens should be collected at least 3 hours apart.
6. If collecting more than one specimen, ensure each specimen is delivered for testing on the same day of collection. Do NOT accumulate all required specimens and deliver only once.