

## FMT Discharge Instructions

Fecal microbiota transplantation (FMT, or stool transplant) is a treatment for disease that is caused by *Clostridium difficile* (*C. difficile*) bacteria. The bacteria can cause serious conditions.

### Diet

- Start your diet after your transplant with bland food. Avoid foods that will irritate you like spicy, fatty foods.
- Drink plenty of water over the next 8 hours.
- Return to your normal diet in 24 hours.

### Medicine

- Antibiotics can harm your transplant. After your transplant, be sure to tell all of your doctors and dentist that you have had a fecal transplant for *C. difficile*. This will help them choose the best antibiotic for you. Your doctor can call Bronson Infection Prevention at 269-341-6317 for antibiotic guidance.

### Activity

- Sit upright for 6 hours after your transplant. This is to prevent reflux of the mixture into the stomach.
- Keep your activity to a minimum for the rest of the day.
- Return to your normal activities in 24 hours.
- Continue good handwashing.

### Call your doctor if any of the following occur:

- Fever over 100.4 degrees
- Abdominal pain or cramping
- Increased diarrhea
- Constipation
- Nausea or vomiting
- Your bowel movements contain blood or are dark or black in color
- Any other symptoms that are worrisome

### Seek immediate medical care for:

- Severe abdominal pain
- Persistent vomiting
- Chills and sweating
- High fevers greater than 102.0 degrees

### Who to call

- Most patients begin to notice an improvement in 12-24 hours. It may take a few days to notice a difference. If you have any questions or concerns following your transplant, please call your doctor.
- The Bronson Hospital Infection Prevention Department can be reached at **(269) 341-6317**.

### Additional Information

**NOT SMOKING** is very important to your recovery and health. If you smoke, **PLEASE STOP**. Information and support to help you quit is available from your doctor, nurse, or contact Bronson HealthAnswers at (269) 341-7723.

For best care:

1. **ALWAYS** carry an updated medicine list with you.
2. Keep your primary care doctor updated.
3. Use **ONE** pharmacy to fill your prescriptions.