

# Fecal Microbiota Transplantation

## What is Fecal Microbiota Transplantation (FMT)?

- *Clostridium difficile* are bacteria that can cause a disease of your intestine. Symptoms you may have are diarrhea, fever, loss of appetite, nausea, belly pain and tenderness.
- In FMT, healthy stool and bacteria are transplanted into your intestine to replace the *C. difficile*.
- The bacteria are placed into your intestine through a tube in your nose. The tube is taken out 30 minutes after the procedure.
- Bronson works with an FDA-approved supplier who provides the stool. The supplier screens the transplant for anything harmful. You should not be harmed by the transplant.
- One transplant is 90% effective in curing *C. difficile*. A second transplant may be necessary.

## What you can expect if having a transplant (FMT):

- You should stop taking antibiotics 24 hours before the transplant.
- Do not take antibiotics right after the transplant. Your doctor will let you know when you can take them again.
- You will not taste the specimen. There will be a slight smell.
- You should sit up for 6 hours after the transplant and do minimal activity.
- You can begin eating after the transplant. Start slowly with bland foods. Avoid foods that will irritate you like spicy, fatty foods.
- You may resume normal activities and diet 24 hours after the transplant.
- Most patients improve in 12-24 hours, but it can take several days. If you do not improve within a few days, call your doctor.
- If you start to feel better but then your diarrhea returns, follow up with your doctor.
- The most common side-effects of FMT are a low-grade fever, nausea or vomiting, cramping and a change in bowel habits. These are usually mild. If they continue past 24 hours, call your doctor.

## **Risks of Fecal Microbiota Transplant:**

- There is a chance that the treatment may not work.
- There is a small risk to placing the tube in your intestine.
- There is a risk that the bacteria may cause infection or allergic reaction.
- The FDA is collecting data on FMT to study it. The procedure is investigational. This means that trials are still being done to study the effects of the treatment.

## **What you can do at home for successful treatment:**

Clean your bathroom. *C. difficile* is in your stool and can survive on surfaces for a long time. Thoroughly cleaning your bathroom reduces the chance of reinfection.

- Have someone clean your bathroom before or while you are getting the procedure. If you clean it yourself, do not use it again until after the procedure.
- Wear vinyl or rubber gloves.
- Use a bleach solution: 1 cup of bleach with 9 cups of water.
- Remove all visible stool from the toilet before using bleach.
- Clean all areas in your bathroom that you touch, like the toilet, sink, shower, tub, and faucets.
- Let the bathroom dry for 10 minutes before using.
- Throw away your gloves, sponges or rags that you used.