

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.