

## Patient Guide - Preparing for your Fecal Microbiota Transplant

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a Colonoscopy with Fecal Microbiota Transplant for you. A link to your procedure information is available at My Duke Health. Please review your procedure information to prepare for your procedure. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

### What is a Fecal Microbiota Transplantation (FMT)?

Fecal microbiota transplant (FMT) is a treatment for repeat *C. diff* colitis infections or to treat *C. diff* when antibiotics are ineffective. FMT is an accepted standard procedure. Over 30,000 FMT procedures have been performed worldwide since 2013. FMT is performed during a colonoscopy. You will receive IV sedation to help you sleep and stay comfortable during your colonoscopy.

You will need to complete a bowel prep for this procedure. Please review the bowel prep information.

The FMT process is simple. Donor stool from a healthy person with healthy bacteria is “transplanted” into your colon during a colonoscopy. The healthy bacteria from the donor then increase in your colon. The healthy bacteria will return the natural balance within your colon and fights off the *C. diff* bacteria. FMT can fail in a small number of patients. If this occurs, your doctor can perform a second transplant in two (2) weeks.




Duke Health purchases the donor stool from a universal stool bank. The stool bank screens donors carefully by reviewing their medical history and testing their blood and stool. This process checks the overall health of the donors and tests for different types of infections that can be transmitted from the donor stool. Cleared donor stool is obtained and turned into a liquid stool. During the FMT procedure, the doctor will flush the liquid stool into your colon through the colonoscope. You can review the FMT consent forms and ask your doctor any questions before your procedure.

It is important to know that during the FMT procedure, the doctor will not examine the colon for polyps. This colonoscopy is not a colon cancer screening procedure. The goal of the colonoscopy is to get to the top of the colon and complete the FMT procedure. If your doctor sees any polyps during the procedure, the polyps will NOT be removed to decrease the chance of infection. Your doctor will update you on the next steps for colon cancer screening.

### Colonoscopy with FMT Important Reminders:

Please review your procedure information and watch the prep videos to prepare for your procedures. You must complete a bowel preparation (prep) for your colonoscopy. Your provider selected your colonoscopy prep based on your health history.

In addition to your procedure preparation instructions:

- Purchase Loperamide 2 mg tablets. Take two - 2 mg Loperamide tablets 30 minutes before you leave for your procedure. Loperamide is an anti-diarrhea medicine to help keep the donor stool in your colon longer. 
- Continue taking Blood thinners medications** (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis and Aggrenox). Since your doctor will not remove polyps or take biopsies, you do not need to stop these medicines. 
- STOP taking ALL antibiotics for C. diff 48 hours (2 days) before your procedure**  
Antibiotics - metronidazole, vancomycin, Difucid, fidaxomicin 

## Bathroom Cleaning Instructions:

One of the most important things you can do at home to increase your chances of a successful treatment is to clean your bathroom. Follow the cleaning instructions for your home bathroom(s):

- Ask a family member or friend, or hire a cleaning service to clean your bathroom while you are having your fecal transplant (FMT). If you must clean yourself, clean your bathroom before leaving for your procedure. After cleaning the bathroom, do NOT use the bathroom again until after your FMT procedure.
- Coming home to an unclean bathroom might give C. diff a chance to infect your gut again.
- Cleaning your bathroom helps but does not guarantee a successful treatment.

Throw away all of these products after completing the cleaning process

### **\*It is very important that you use Clorox™ bleach and not a different cleaning agent**

To completely clean your bathroom, you will need the following items:

- Clorox Bleach \* or Clorox™ Bleach Wipes (wipes must state healthcare bleach wipes)
- Cloths for cleaning (Throw the cloths away after use)
- Clean tap water
- New disposable sponges
- New disposable bucket
- Trash bag(s)
- Disposable measuring cup if using liquid bleach
- New disposable rubber gloves



For your protection - wear rubber gloves during the entire process:

1. Prepare the cleaning solution - Mix 1 cup of bleach with 9 cups of tap water in the bucket.
  2. Soak the cleaning cloths in the bleach solution and remove any visible stool.
  3. Throw the rags away.
  4. Soak the sponge in the bleach solution and scrub the entire bathroom really hard!
  5. C. diff. bacteria can hide on many surfaces in your bathroom. It is important to scrub all high-touch areas: toilet, sink, shower/bathtub, faucets/handles, and floor
  6. Continue to wet the sponge as necessary while cleaning.
- The bathroom must be completely dry before use. Let the surfaces dry for 10 minutes.
  - After the cleaning process is complete - place the cleaning products and gloves in a trash bag and place this bag in your outside trash can.
  - Wash your hands and arms up to your elbows with soap and warm water in a different sink for at least 20 seconds. Dry your hands well.

**Don't forget to review your colonoscopy bowel preparation (prep) instructions.**

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## Post Procedure Patient Education Colonoscopy with Fecal Microbiota Transplant

### How do I stay healthy after my Fecal Microbiota Transplant (FMT)?

- Do not take the antibiotics you were taking to treat your *C. diff.*
- Most patients feel better within a few hours, but it can take up to four (4) days to feel better.
- If you do not feel any better within four (4) days, send a secure Duke MYChart message to your GI provider or call to speak to a Duke GI Nurse at (919) 684-6437.
- Sometimes, people start to feel better, but then their diarrhea returns. You should know that this is not always a return of *C. diff.* infection. You can ask your doctor about post-infectious IBS and other GI issues that can cause diarrhea.
- Wash your hands all the time. Washing your hands keeps you and those around you healthy. When possible, wash your hands with soap and water. Hand sanitizer is okay but should only be used when soap and water are unavailable.

### Are there potential side effects to FMT?

- Fecal Microbiota Transplant (FMT) is still under investigation. We do not know all the side effects a person might have afterward.
- Some common symptoms that usually go away within 24 - 48 hours after FMT are constipation, nausea, bloating, and mild cramping. If these symptoms last more than 48 hours or you have questions about new GI symptoms, contact your GI provider.

### What are my next steps?

- If you do not have signs of *C. diff.* for eight (8) weeks, you are considered cured.
- A nurse from Duke GI will call you eight (8) weeks after your procedure to check on you.
- It is important you schedule and keep any follow-up appointments and/or return any calls from the GI Nursing Team.
- If you receive any medical care at an urgent care or emergency department or you are hospitalized within 14 days of your FMT call your GI provider.
- Taking antibiotics in the future: Antibiotics can be lifesaving medicines, but they also put you at risk for another *C. diff.* infection. If a doctor prescribes you anything, be sure to tell them that you have had *C. diff.* and a fecal transplant. This will help them pick the best medicine for you.
- Continuing probiotics is optional.

### Diet Information:

- There are no dietary restrictions after FMT. You can eat your usual diet after your FMT procedure.

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FK Score: 7.4

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