

## Pre-Procedure Patient Education

### 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. Please review the procedure information and watch the prep videos to prepare for it. You must complete a bowel preparation (prep) for this procedure. A bowel prep removes stool from your colon. Your provider selected your bowel prep based on your health history. Your prep is GoLytely® Standard Bowel Prep. 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 below.

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 fight 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 the doctor will not examine the colon for polyps during the FMT procedure. 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.

### Important Reminders:

- ☐ **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, Difidol, and fidaxomicin
- ☐ **Complete the bathroom cleaning process before your procedure.**



## Bathroom Cleaning Instructions:

Cleaning your bathroom is one of the most important things you can do at home to increase your chances of a successful treatment. 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 have your fecal transplant (FMT). If you must clean yourself, do so before leaving for your procedure. Do not use the bathroom again until after your FMT.
- ☐ 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 the 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 a 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.

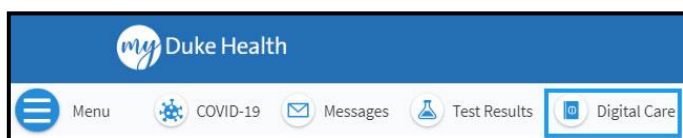
- ☐ The bathroom must be completely dry before use. Let the surfaces dry for 10 minutes.
- ☐ After completing the cleaning process, put the cleaning products and gloves in a trash bag and put the bag in your outside trash can.
- ☐ Wash your hands and arms up to your elbows with soap and warm water in a different sink for at least 20 seconds. Dry your hands well.

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

## Planning for Your Procedure

### TWO (2) WEEKS Before Your Procedure

- ☐ If you have a My Duke Health account (Duke MyChart), log into your account to review your procedure prep information. Select Digital Care to review and print the information.
- ☐ To create a My Duke Health account, you can call 1-800-782-6945 or access the website at <https://www.dukehealth.org/duke-mychart>
- ☐ Sign up for the Care Convoy® mobile health app. This app is designed specifically for Duke GI patients. It is a tool that will guide you through each step of your prep. You can access the app from Google Play or the Apple Store using the QR code below. You will also get an email invitation from Care Convoy® with download instructions. The app will support you through your prep and allow you to confirm your procedure appointment. Care Convoy will ensure you are well-prepared and at ease for your procedure.



Care Convoy QR Code

- ☐ Ask a family member or friend to drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- ☐ Review your procedure location (address), date, and arrival time.
- ☐ Plan to be in the GI department for your procedure for about four (4) hours.
- ☐ Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- ☐ Put your procedure instructions in a safe place, like on your refrigerator.
- ☐ If you have diabetes, contact your diabetes provider to ask how to adjust your medicine during your bowel prep.
- ☐ **Continue taking Blood thinners medications** (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).

### Lower GI Procedure using GoLyte® Standard Prep Video Links

Open YouTube and search *Duke GI Colonoscopy One Day Golyte® Prep* in the search field or select each link to watch the videos: <https://youtu.be/C0MOMdIlxNI> and <https://youtu.be/nz4EXM4G7MM>

### Shopping List - Prep Items

Your GI Procedure prep is GoLyte® standard bowel prep. This is a prescription prep. You will need to pick up your prep at your preferred pharmacy. You can purchase your prep supplies at any pharmacy or grocery store.

- ☐ One (1) bottle of GoLyte® powder (NuLyte, GaviLyte, CoLyte, TriLyte, or GaviLyte)
- ☐ One (1) flavor drink packet (for example, Crystal Light®)
- ☐ Two (2) Loperamide tablets - 2 mg (Imodium)
- ☐ Four (4) Non-flavored or Peppermint chewable Simethicone soft gels - 125 mg (Gas-X SoftGels®).
- ☐ Assorted clear liquids to drink the day before and the day of your procedure. (Examples: Gatorade Zero®, Hydralyte®, Pedialyte®, or Powerade Zero Sugar®). **\*\*Do not buy Red or Purple fluids.\*\***

## TWO (2) WEEKS Before Your Procedure

- ☐ If you have diabetes, contact your diabetes provider to ask how to adjust your medicine during your bowel prep.

## SEVEN (7) DAYS Before Your Procedure

- ☐ Stop taking iron pills or any other supplement with iron.
- ☐ Drink one (1) extra glass of water daily until your procedure day.

## FIVE (5) DAYS Before Your Procedure

- ☐ Stop eating high-fiber foods like beans, raw fruits or vegetables, nuts, or seeds. Review the low-fiber diet list below.
- ☐ Stop taking Fish Oil supplements.
- ☐ Continue to drink one (1) extra glass of water daily.



## TWO (2) DAY Before Your Procedure

- ☐ **STOP taking ALL antibiotics for C. diff 48 hours (2 days) before your procedure**
- ☐ Antibiotics - metronidazole, vancomycin, Difucid, fidaxomicin

## ONE (1) DAY Before Your Procedure

- ☐ **Do not eat any food today.** Drink only clear liquids and the GoLyteLy prep solution.
- ☐ In the morning, open the GoLyteLy bottle. Add cold water to the Fill Line. Add one packet of the flavored drink mix and shake the bottle well.
- ☐ Place the bottle in the refrigerator.
- ☐ At 5:00 p.m., take the GoLyteLy bottle out of the refrigerator. Shake the bottle well. Begin drinking the GoLyteLy prep solution. Using a straw, drink one (1) glass of the solution every 10 minutes until ¼ of the prep solution is left.
- ☐ Put the GoLyteLy bottle back in the refrigerator.
- ☐ At 6:00 p.m., take two (2) Non-flavored or Peppermint chewable Simethicone soft gels - 125 mg with a glass of water.
- ☐ Stay near the bathroom. In a few hours, you will begin to have many bowel movements.
- ☐ Continue to drink clear fluids until you go to bed.



## The Day of Your Procedure

- ☐ Do not eat any food on your procedure day. Drink only clear fluids and the GoLyteLy prep.
- ☐ Five (5) hours before your procedure, take the GoLyteLy bottle out of the refrigerator.
- ☐ Shake the bottle well. Using a straw, drink one (1) glass of the solution every 10 minutes until the bottle is empty.

- ☐ Follow your provider's instructions about your morning medicines and take them with a sip of water.
- ☐ Four (4) hours before your procedure, take two (2) Non-flavored or Peppermint chewable Simethicone soft gels - 125 mg with a glass of water. Then STOP drinking ALL fluids.
- ☐ Two (2) hours before your procedure, your bowel movements should look like green or yellow water. If you still have brown or solid stool, call Duke GI at (919) 684-6437 and ask to speak to a nurse.
- ☐ Thirty (30) minutes before your procedure, take two (2) 2 mg Loperamide tablets. Loperamide is an anti-diarrhea medicine to help keep the donor stool in your colon longer.
- ☐ Do not wear perfume, cologne, lotion, or jewelry for your procedure. Leave all valuables at home. \]

## **GoLytely® Standard Bowel Prep Frequently Asked Questions (FAQs)**

If you have a Pacemaker or Internal Defibrillator, Bring your device information card to your anesthesia and procedure appointment. When you check in for your procedure, give the device card to your nurse.

If you do not or cannot accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

### **I am a diabetic. Should I take my diabetes medicines when I drink my prep?**

Contact your diabetes provider to ask how to adjust your medicine or insulin during your bowel prep. Check your blood sugar several times the day before and the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

### **How do I know if my colon is clean for my procedure?**

If you follow each step in the prep, your colon will be clean. You are ready for your procedure if you can see through your bowel movement and there is no solid matter. Your stool should look like yellow or green water.

### **What are examples of high-fiber foods?**

High-fiber foods include all fruits, vegetables, nuts, seeds, whole-grain bread, beans, and lentils.

### **What are examples of low-fiber foods?** Review the list of low-fiber foods below.

### **The bowel prep solution makes me vomit or nauseous. How do I complete my prep?**

Stop drinking the prep solution for 30 minutes if you are nauseated or vomit. Use a straw and slowly drink the rest of the solution. Chew gum, suck on hard candies, and drink other flavored clear liquids in between drinking the prep. Drink ginger tea, ginger-ale soda, or broth. Drink all of the laxative solution, even if it takes you longer. If you continue to vomit or cannot finish the solution, call Duke GI and ask to speak to a nurse.

### **Can I drink alcohol, wine, or beer during my bowel prep?**

No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol during your bowel prep.

### **Do I continue my clear liquid diet after I begin drinking the bowel prep solution?**

Yes, continue to drink clear liquids with your prep solution. The more fluids you drink, the better your prep will be. You will feel better if you drink extra fluids. Stop drinking water four (4) hours before your procedure.

### **I weigh under 100 pounds. Do I need to drink all of the bowel prep solution?**

Yes, the prep is not weight-based. Completing the entire prep is important to clean your colon.

### **I had a gastric bypass. Do I still need to drink all of the bowel prep solution?**

Yes, you must complete all steps in the prep so your colon is clean.

### **What if I lose my prep information?**

Log into My Duke Health, select Digital Care to print your instructions, or call Duke GI for help.





## List of low-fiber foods

Low Fiber Food Examples	Start your low-fiber diet FIVE (5) days before your procedure
Milk and Dairy	Milk, cream, cheese, cottage cheese, yogurt, and protein drinks
Bread and Grains	White rice, white bread, and plain crackers (saltines or Ritz) Low-fiber cereals (Rice Krispies, Cream of Wheat, Cornflakes)
Meats and Protein	Chicken, Turkey, Pork, Veal, Fish, Shellfish, Eggs, and Tofu Smooth Peanut Butter or Almond Butter Chicken, beef, or vegetable broth, consommé, and strained soups
Fruits	Fruit juice without pulp Applesauce Cantaloupe and honeydew melon Peeled Apricots and peaches Canned or cooked fruit without seeds or skin
Vegetables Canned or Cooked	Peeled carrots Mushrooms Peeled potatoes
Desserts without fruit	Plain Custard, pudding, ice cream, sherbet, or gelatin

## Examples of Clear Liquid Fluids to drink during your bowel prep

You can drink any of these fluids (liquids)

**All fluid must be light in color and not red or purple.**

- Water
- Tea and black coffee without any milk, cream, flavor non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream
- Jell-O® or other gelatin without fruit (no red or purple color)
- Boost® Breeze Tropical Juice drink (no red or purple color)

## Post-Procedure Patient Education

### 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 medical care at an urgent care or emergency department or 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 normal diet after your FMT procedure.

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