
Fecal Microbiota Transplant (FMT)

What is it?

- FMT is a treatment that replaces the good bacteria in your bowel that has been killed during a *C. difficile* infection.
- The good bacteria given to you during FMT will replace the *C. difficile* bacteria in your bowel and help you recover from your infection.
- The bacteria used in the treatment comes from the stool (poop) of a healthy donor who is checked for HIV, viral hepatitis, harmful bacteria and parasites.
- The bacteria given to you during fecal transplant will help to repopulate your colon (large intestine) with healthy bacteria.
- The bacteria is given in the rectum with an enema.
- This treatment is only used for recurrent or persistent *C. difficile* infection.

How successful is the treatment?

- The treatment is 85% successful after 2 enemas.
- Some people may need more than 2 FMTs.

What should I expect during the treatment?

- You will be asked to lie on your side while the donor bacteria is put into your rectum using an enema.
- The treatment takes about 5 minutes to complete and most people do not have any discomfort during the treatment.

Are there side-effects?

- There are no side-effects noted other than pressure at the time of inserting the enema.
- Sometimes, constipation, gas or abdominal discomfort can occur.

What happens after FMT treatment?

- After FMT, your stool should gradually start to form. Sometimes formed stool happens the next day, but it may take up to 10 to 14 days to return to formed stool. Each person's response is different.

What should I eat after treatment?

- Eat a well-balanced, plain diet (rice, chicken, broth).
- Eat foods high in fibre such as bran, whole grains, fruits and vegetables.
- Do not add spices to your food.
- Do not drink alcohol or caffeinated beverages.

If you experience ongoing watery diarrhea, abdominal cramps blood in your stools and/or fever:

- During regular office hours, Monday to Friday 8:30 am to 4:30 pm contact the Physician
- After 4:30 pm, on weekends and/or holidays, go to the nearest emergency department and inform the emergency doctor of your recent *C. difficile* infection and FMT treatment.
- If you are admitted to the hospital, ask the nurse or doctor to contact the Infectious Diseases doctor on-call outside of regular office hours.

In order to prevent getting re-infected with *C. difficile*:

- Wash your hands with soap and water or hand sanitizer:
 - after using the washroom
 - before taking medication
 - before eating
- Clean your hands with hand sanitizer when soap and water is not available.
- Clean the toilet and bathroom floor with a bleach product or make your own product using a dilution of 1 part bleach to 10 parts water.
- Wash all clothing and linen with hot water and detergent.

Adherence to Infection Prevention and Control measures by staff and visitors is required to prevent further spread of infection.

**Stop the spread of germs and infection.
Clean your hands.**



This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.