



## Getting Ready for Your Fecal Transplant

### Pre-FMT Patient Guide

Your doctor's office should fill in this part:

- |                          |  |  |   |
|--------------------------|--|--|---|
| <input type="checkbox"/> | You <b>should not eat</b> anything after:  | _____ AM/PM  | on _____                                |
| <input type="checkbox"/> | You <b>should not drink</b> anything after:  | _____ AM/PM  | on _____                                |
| <input type="checkbox"/> | You should <b>stop taking antibiotics</b> for <i>C. diff</i> <b>48 hours before</b> your procedure.  | Your procedure will take place on _____<br>_____ AM/PM | Stop antibiotic on _____<br>_____ AM/PM |
| <input type="checkbox"/> | You have been given instructions on cleaning your bathroom to follow before your procedure. Those instructions are attached to this guide. |  |   |
| <input type="checkbox"/> | You have been given additional instructions to prepare you for your procedure. Those instructions are attached to this guide.              |  |   |

The most important thing **you can do at home** to help your chance of a successful treatment is to have your bathroom cleaned.

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 do the cleaning yourself, do so just before you leave for your procedure. After the bathroom is clean, you should not use it again until after your FMT.

Coming home to an unclean bathroom after your FMT might give *C. diff* a chance to infect your gut again. Even if you follow recommendations, 2 out of 10 people treated with FMT will not get better after one treatment. Cleaning your bathroom helps, but does not guarantee a successful treatment.

*Disclaimer:* OpenBiome is an organization that provides screened stool to doctors across the country. As a nonprofit, we work to keep the cost of treatment as low as possible. We made this handout to help you prepare for your FMT. The information here should not be considered medical advice. Our hope is that it helps you have a more informed conversation with your doctor. If you have concerns, comments, or questions about these instructions, please write to us at [www.openbiome.org/contact](http://www.openbiome.org/contact).



## Cleaning your Bathroom

Give these instructions to the family member, friend, or cleaning service cleaning your bathroom. If you are cleaning your bathroom yourself, remember to do so just before leaving for your procedure. Using the bathroom again before your fecal transplant (FMT) undoes all your hard work.

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

- |                          |               |                          |               |
|--------------------------|---------------|--------------------------|---------------|
| <input type="checkbox"/> | BLEACH*       | <input type="checkbox"/> | CLEAN RAGS    |
| <input type="checkbox"/> | WATER         | <input type="checkbox"/> | CLEAN SPONGE  |
| <input type="checkbox"/> | BUCKET        | <input type="checkbox"/> | TRASH BAG     |
| <input type="checkbox"/> | MEASURING CUP | <input type="checkbox"/> | RUBBER GLOVES |

\*It is **very important** that you use bleach (like Clorox™) and not a different cleaning agent.

For your protection, **wear rubber gloves** throughout this process.



1. Prepare the cleaning solution. Mix 1 cup of bleach with 9 cups of water in your bucket.
2. Wipe away any stool you can see with the clean rag. Throw the rag away when done.
3. Wet the sponge in your cleaning solution, and scrub everything—hard!
4. Continue to wet the sponge as necessary while cleaning.

*C. diff.* bacteria can hide on many surfaces in your bathroom, not just the toilet. Make sure your scrubbing includes the following high-touch areas:



TOILET



SINK



SHOWER & TUB



FAUCET & TAPS

Allow for the cleaned bathroom to dry for 10 minutes before entering again.

Once you are done cleaning all the bathrooms in your home, you should dispose of the gloves, sponges, and rags in a garbage bag. Be sure to place this bag in your outside trashcan.

Finally, wash your hands and arms up to your elbows in a different sink.

## Staying Healthy After Your FMT

### Post-FMT Patient Guide

Your doctor should provide you with separate discharge instructions related to the specific procedure you had. This guidance offers information on what you might expect after your FMT.



**After your procedure:** Most patients begin to feel better within a few hours, but it can take up to 4 days to notice improvements. If you do not feel any better within 4 days, call your doctor and let them know. Sometimes people start to feel better but then their diarrhea returns. You should know that this is not always a return of *C. diff*. Ask your doctor about post-infectious IBS and other GI issues that may be causing the diarrhea.

**Side effects:** FMT is still investigational, meaning we do not know all the side effects a person might have afterwards. If you have any changes in your health after FMT, let your doctor know right away. Some common symptoms that usually go away within 24 hours after FMT are nausea, bloating, and mild cramping. If these last for more than 24 hours, call your doctor.



**Following up:** If you do not have signs of *C. diff*. for 8 weeks, you will be considered cured. Your doctor will call you or ask you to come back to their office in 8 weeks to check on you. It is important you keep this appointment and/or return any calls from your doctor.

**Probiotics & diet:** No studies have shown that taking probiotics after FMT improves the chance of successful treatment. If you do want to take a probiotic, be sure to ask your doctor for recommendations. Generally, diets high in fiber seem to support healthier bacteria.



**Hand washing:** As with most diseases, washing your hands often helps keep you and those around you healthy. When possible, wash with soap and water. Hand sanitizer is okay, but should be used only when soap and water are not available.

**Taking antibiotics:** 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.

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