Fecal Transplant (Stool Transplant)

Clostridium difficile or “C. diff” is a type of bacteria commonly found in the digestive tract. When you take antibiotics for a long period of time, the natural balance of the digestive tract can get upset. When this happens, the C.diff bacteria can grow out of control and lead to an infection. This can cause diarrhea, stomach cramps and fever.

Treatment for C. diff Infection

Certain medicines can be used to treat a C. diff infection. Two medicines used most often are antibiotics called metronidazole (Flagyl) and vancomycin. If medicine does not help, then a Fecal Transplant, also known as a Fecal Microbiota Transplantation (FMT) may be recommended to treat the infection.

How is a Fecal Transplant done?

A fecal transplant involves taking stool from a carefully screened healthy person, and putting the stool into a person with a C. diff infection. Your doctor will talk with you about the transplant option that is best for your situation.

The procedure can be done in two ways:

- Through the lower gastrointestinal (GI) tract during a procedure called a Colonoscopy
- Through the upper gastrointestinal (GI) tract with a Nasogastric Tube (NG tube) placed through the nose and passed into the stomach

Fecal Transplant by Colonoscopy

- You will go to the Endoscopy Department for your procedure.
- On the day before your procedure, you will have a clear liquid diet and you will take medicine to clean out your bowels.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

• Before the procedure, an intravenous (IV) line will be placed to give you medicine to help you relax. You will rest on your left side during the procedure.

• During the procedure, the doctor will slowly move a small flexible tube through your colon and place the donor stool. You may feel some cramping during and after the procedure. The procedure takes about 20 to 40 minutes.

• When you return to your hospital room, you will need to stay lying on your left side for a couple of hours. You will be able to slowly start to eat and drink a few hours after the procedure.

**Fecal Transplant by NG Tube**

• You will go to the Endoscopy Department for your procedure.

• Before the procedure an intravenous (IV) line will be placed to give you medicines to help you relax and help prevent an upset stomach.

• You will sit upright and a doctor or nurse will slowly put a NG tube into your nose. This long plastic tube will be passed through your nose, down the back of your throat and into your stomach.

• The NG tube may cause a slight gag reflex and sore throat when it is placed. Once the NG is in place, you should not smell or taste what is passed through the NG tube.

• The NG will be used to place the donor stool into your bowel.

• When you return to your hospital room you will be asked to stay in a sitting position with your head upright for a couple of hours.

• After sitting upright for a couple of hours you will be able to slowly start to eat and drink again.

• The NG tube is usually removed the day after the FMT procedure.

**Are there any risks with Fecal Transplant?**

FMT has been successful in the treatment of C. diff infections but there can be risks involved with this procedure. Your doctor will talk with you about the risks and side effects before the procedure.