

# Fecal Transplant (Stool Transplant)

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*Clostridioides difficile* (klos-TRID-e-OY-dees dif-uh-SEEL) or “C. diff” is a type of bacteria often found in the digestive tract. When you take antibiotics for a long period of time, the natural balance of your digestive tract can get upset. When this happens, 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. The 2 medicines used most often are antibiotics called metronidazole (Flagyl) and vancomycin. If these medicines do not help, your doctor may recommend a fecal transplant, also known as a **Fecal Microbiota Transplantation (FMT)** to treat your infection.

## How is a Fecal Transplant done?

In a fecal transplant, stool is taken from a carefully screened healthy person (donor) and put into a person with a C. diff infection.

### This procedure can be done in 2 ways:

- Through your lower gastrointestinal (GI) tract during a procedure called a **Colonoscopy**.
- Through your upper gastrointestinal (GI) tract with a **Nasogastric Tube (NG tube)**. A NG tube is a small tube placed in your nose that goes down to your stomach.

Your doctor will talk with you about what transplant option is best for you.

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

## **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.
- 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, your doctor will slowly move a small, flexible tube through your colon and place the donor stool. You may have cramping during and after the procedure. Your procedure will take 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 your 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.
- During the procedure, you will sit upright and a doctor or nurse will slowly put a NG tube into your nose. This thin, 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.
- The NG will be used to place the donor stool into your bowel. You will not smell or taste what is passed through your NG tube.
- When you return to your hospital room, you will be asked to stay in a seated position with your head upright for a couple of hours. You will be able to slowly start to eat and drink a few hours after your procedure.
- The NG tube is usually removed the day after your procedure.

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

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