**Patient Guide to Fecal Transplantation**

Fecal transplantation is a procedure used to treat Clostridium difficile (“C. diff”) infection in patients who have relapsed after treatment with the standard antibiotics (metronidazole [“flagyl”] and/or vancomycin). In this procedure a small amount of a solution prepared from another person’s stool is administered via a nasogastric (NG) tube. The procedure is highly successful with a cure rate of approximately 90%. The FDA considers fecal transplantation to be an investigational treatment.

Human stool is obtained from donors who have been tested to ensure that they do not have certain infections. We obtain the stool from OpenBiome, a non-profit stool bank that selects and screens stool donors to make fecal transplantation more widely available. Donors are tested to rule out the following infections: HIV, hepatitis A, hepatitis B, hepatitis C, syphilis, HTLV 1 & 2, C. difficile, bacterial diarrhea pathogens (Salmonella, Shigella, E. coli, Campylobacyter, Vibrio), Giardia, Isospora, Cylcospora, and H. pylori. To read more about OpenBiome’s donor selection and testing processes, see their website at: [www.OpenBiome.com](http://www.OpenBiome.com).

**Prior to the procedure:**

1. You should be on treatment for C. difficile for at least 5 days prior to the procedure (either metronidazole [flagyl] or vancomycin).
2. On the day prior to the procedure take your C. difficile medication as you normally would until 10 PM. Do not take any flagyl or vancomycin after 10 PM.
3. On the day prior to the procedure at bedtime take omeprazole 20 mg. This medication is a stomach acid blocker that is available over-the-counter.
4. If you are coming from out-of-town, the Hilton Garden Inn Downtown (804.344.4300; 501 E. Broad Street) and the Downtown Marriott (804.643.3400; 500 E. Broad Street) are close to the medical center and provide shuttle service.

**Day of the procedure:**

1. You may have a light breakfast.
2. Take omeprazole 20 mg.
3. Do not take any C. difficile treatment (that is, do not take flagyl or vancomycin).
4. Report to the Ambulatory Care Center, 4th Floor Medical Specialties Clinic 30 minutes prior to your appointment time. The building is located at the corner of 11th and Clay Streets (417 N. 11th Street). There is valet parking at the door.
5. A nasogastric tube will be inserted. This is a small tube that is placed into your nose, and goes down your esophagus into your stomach. You will not be sedated for the procedure.
6. Once the tube is placed, we will take an x-ray to confirm that the tube is in the stomach.
7. 25 cc (about 2 tablespoons) of donor stool liquid solution with be injected into the tube, followed by a small amount of water to flush the tube. The tube will then be immediately removed and you are ready to go.
8. Following the transplant you may eat and drink. There are no dietary restrictions, except to avoid milk products for 3-4 days if you were having diarrhea in the few days prior to the transplant.

**After the procedure:**

1. Do not take any vancomycin or metronidazole (“flagyl”).
2. For the next several months to a year, you remain at risk to develop C. difficile again. For that reason, do not take any antibiotics unless absolutely necessary. If you do require an antibiotic, I recommend that you immediately begin C. difficile treatment with flagyl or vancomycin. Stay on the C. difficile treatment while you take the antibiotic and for an additional 3-4 days after the antibiotic is stopped.
3. Acid blocking drugs are associated with increasing your risk for C. difficile, so stopping these drugs may be helpful.
4. One week after the transplant, please call or email me with a progress report on how you are doing. If you have any problems, contact me immediately. If after hours, email me or have me paged by calling the operator at 804.828.0951.
5. It is not uncommon to have an episode or two of diarrhea in the first week after the transplant. Do not start flagyl or vancomycin. If the diarrhea persists beyond a few episodes or more than 8 hours, contact me.

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