

Stool or Fecal Transplant

Stool / fecal transplant

A stool transplant is a treatment used for patients with recurrent Clostridium Difficile (C-Diff). The Clostridium Difficile (C-Diff) bacterium causes serious intestinal conditions such as diarrhea and colitis. Clostridium Difficile infection can cause many different symptoms, including watery diarrhea, fever, loss of appetite, nausea, and belly pain. A stool transplant gives back the normal bacteria and realigns the body's defenses against C-Diff to cure the infection.

- A stool transplant is done by upper endoscopy (EGD) or colonoscopy depending on your doctor's recommendations.
- This test can be done for both inpatients or outpatients.

Preparing for the test

- If your stool transplant is given with an upper endoscopy (EGD) test you may be given a prescription for a medicine to help lower the gastric acid production. You may already be taking a medication like this, but for those who are not they will need a prescription. You will take this medicine the evening before your procedure and the morning of your test.
- You will be given a prescription from your doctor for a bowel preparation.
- You will stop taking **Vancomycin or antibiotics** the **evening** before of the transplant.
- You will be on a clear liquid diet and will not be able to eat solid food the day before your test.

Potential complications

- Undesired effects from anesthesia.
- A tear in the wall of the esophagus, stomach, small intestine, or large intestine.
- Aspiration.
- If you have any question ask your doctor.

What should I expect during the test?

- Your doctor will explain the risks and benefits of the test to you.
- You will sign a consent form for the test.
- A IV will be placed so medicine can be given for the test.

What can I expect after the procedure?

- You will need to Schedule an **eight-week** clinic or telephone follow up appointment with your doctor.
- Following a colonoscopy, you will be encouraged to hold in the stool for at least four hours. You may feel the urge to have go to the bathroom.
- Following an upper endoscopy, you will be encouraged to sit upright for at least 30 minutes after.
- Following the stool transplant, you will awaken from the sedation, perhaps feeling bloated, or gassy. This will pass.
- You will be able to resume your normal diet after you leave the Endoscopy Unit.

What are proper cleaning methods at home?

- 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 stool transplant. If you must do the cleaning yourself, do so just before you leave for your stool transplant. After the bathroom is clean, you should not use it again until after your stool transplant.

What is the cleaning process for at home?

- It is **very important** that you use bleach (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, faucets, and taps.
 5. 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 trash can.
 6. Finally, wash your hands and arms up to your elbows in a different sink.