



Northumbria Healthcare
NHS Foundation Trust

Faecal Microbiota Transplantation

Issued by the Infection Control Team



Faecal Microbiota Transplantation (FMT)

This leaflet provides information about faecal microbiota transplantation (FMT). It is for patients who have on going *Clostridium difficile* related symptoms that have failed to respond to other treatments.

What is *Clostridium difficile* (C.difficile)?

C.difficile is a spore forming bacterium which can be part of the normal gut flora. It is estimated to be present in the gut of 3-5% of healthy adults.

Antibiotics may disrupt the bacteria in the gut allowing *C.difficile* bacteria to multiply and cause diarrhoea.

You may experience symptoms of diarrhoea which can be severe and develop suddenly. This may be associated with abdominal pain and fever.

In the majority of patients the illness is mild but it can make a small proportion of patients affected very ill.

Diagnosis of *C.difficile* is most commonly confirmed by testing stool specimens in the laboratory. Occasionally it may be diagnosed by x-ray or looking directly at the bowel, for example a colonoscopy procedure.

What is FMT?

FMT refers to the infusion of a suspension of faeces from a healthy donor into the gastrointestinal tract of another person with the aim of restoring a healthy balance of bacteria in the gut.

The donation will have gone through various tests to ensure it is safe to use. These can be discussed with you if necessary.

What will happen to me?

- The administration method (the way it is given) of the FMT will be discussed with you individually and consent obtained. It may be given via a colonoscope (a tube that is inserted into your bottom) or via a tube in your stomach

- Your antibiotics may be stopped two to three days before the procedure
- You will be given medication/treatment to empty your bowel prior to the infusion
- You will be given medication/treatment to help with the retention of the FMT
- Depending on the route of administration, you may need to remain in a lying position to help the retention of the solution

What are the possible side effects?

- You may develop symptoms of belching, abdominal cramp or pain
- You may develop some diarrhoea symptoms
- You may become constipated (usually at a later stage)

General questions:

Will I have to remain in hospital?

This will be discussed with you by your medical team, though it is important to remain on bed rest for at least four hours after the procedure.

Can I eat and drink?

You will be given dietary instructions and advice about what to eat and drink.

Who will I contact if I have any problems / issues?

You will be given details of who to contact if you have any concerns; this may be your GP. The Infection Prevention and Control Team will offer ongoing support whilst in hospital or when you are discharged. Ongoing support can be offered once discharged home either by telephone or a visit, however you may feel this is unnecessary.

Contacts

If you require any further information or need to discuss any concerns, you can either contact your GP or a member of the Infection Prevention and Control Team on 0344 811 8111.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

PIN 665/V2

Review date: June 2022

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