

Fact Sheet for Patients Undergoing Fecal Microbiota Transplantation
Go-Lytely Prep

"Clostridium difficile" infection of the colon may cause colitis (bowel inflammation), fever and/or diarrhea. "Fecal Microbiota Transplantation" , offers an alternative therapy to patients who have suffered recurrent infection despite receiving standard oral antibiotic therapy. Many studies, have shown a high cure rate with low relapse rate.

FMT is a procedure whereby stool (fecal bacteria) is donated from a healthy individual and instilled into the patient. This process restores the colonic microflora by using healthy bacterial flora to replace or "crowd out" the harmful Clostridium difficile bacterium.

1 Day Prior to Procedure:

Stop all antibiotics you might be taking for C. difficile, Vancomycin must be stopped one day before and Flagyl must be stopped three days before the FMT. Please provide our office with your pharmacy number so that we can call in a prescription for the Go-Lytely.

Evening Prior to Procedure:

Mix the Go-Lytely prep. If possible, drink at least half of the fluid. This will cause temporary diarrhea in order to physically flush out as much of the infecting C. difficile, as possible.

Take one 20 mg Omeprazole (for example, generic, Prilosec or Protonix) pill. This is available at any pharmacy over-the-counter, without a prescription.

Morning of the Procedure:

Take another 20 mg Omeprazole pill. You may take any of your other medicines, as well.

Do not eat breakfast.

Arrive at our St. Mary Medical Center office at 8:00 a.m. on the day of the procedure. The office is located in the Medical Office Building (NOT the St. Clare building), Suite 406B.

The procedure is simple. A nurse will insert a tube into your nose, and pass it down the esophagus into your stomach. Sometimes, an x-ray may be taken to verify that the tube is properly situated. Then, the fluid containing the donor stool will be infused down that tube. Since the tube passes directly into the stomach, the fluid generally cannot be seen, smelled or tasted. The tube will be removed about 1 minute later.

You may then go home and eat normally. **Do NOT restart your C. difficile antibiotics.**

Many people experience diarrhea on the day of the procedure. Less commonly, nausea, mild crampy abdominal pain, and belching have been noted on the day of the procedure. Do not be alarmed if you experience any of these—they are transient and not dangerous.

