

Getting Ready for Your Fecal Transplant

Pre-FMT Patient Guide

Your doctor's office should fill in this part:

<input type="checkbox"/>	You should not eat anything after: _____ AM/PM on _____
<input type="checkbox"/>	You should not drink anything after: _____ AM/PM on _____
<input type="checkbox"/>	You have been given instructions on cleaning your bathroom to follow before your procedure. Those instructions are attached to this guide.
<input type="checkbox"/>	You have been given additional instructions to prepare you for your procedure. Those instructions are attached to this guide.

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 fecal transplant (FMT). If you must do the cleaning yourself, do so just before you leave for your procedure. After the bathroom is clean, you should not use it again until after your FMT.

Coming home to an unclean bathroom after your FMT might give *C. diff.* a chance to infect your gut again. Even if you follow recommendations, 2 out of 10 people treated with FMT will not get better after one treatment. Cleaning your bathroom helps, but does not guarantee a successful treatment.

Disclaimer: OpenBiome is an organization that provides screened stool to doctors across the country. As a nonprofit, we work to keep the cost of treatment as low as possible. We made this handout to help you prepare for your FMT. The information here should not be considered medical advice. Our hope is that this document helps you have a more informed conversation with your doctor. If you have concerns, comments, or questions about this material, please write to us at www.openbiome.org/contact.

Cleaning your Bathroom

Give these instructions to the family member, friend, or cleaning service cleaning your bathroom. If you are cleaning your bathroom yourself, remember to do so just before leaving for your procedure. Using the bathroom again before your fecal transplant (FMT) undoes all your hard work.

To thoroughly clean your bathroom, you will need the following items:

- | | | | |
|--------------------------|---------------|--------------------------|---------------|
| <input type="checkbox"/> | BLEACH* | <input type="checkbox"/> | CLEAN RAGS |
| <input type="checkbox"/> | WATER | <input type="checkbox"/> | CLEAN SPONGE |
| <input type="checkbox"/> | BUCKET | <input type="checkbox"/> | TRASH BAG |
| <input type="checkbox"/> | MEASURING CUP | <input type="checkbox"/> | RUBBER GLOVES |

*It is **very important** that you use bleach (like 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



FAUCET & TAPS

Allow for the cleaned bathroom to dry for 10 minutes before entering again.

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 trashcan.

Finally, wash your hands and arms up to your elbows in a different sink.