

# Staying Healthy After Fecal Microbiota Transplantation

## Post-FMT patient guide

Your doctor should provide you with discharge instructions related to the specific procedure you had. This guide offers information on what you might experience after your FMT.

Most patients begin to feel better within a few hours of FMT, but it can take up to four days to notice improvements. If you do not feel any better within four days, let your doctor know.

Some people begin to feel better, but then diarrhea returns. This does not always mean *C. difficile* has returned. Ask your doctor about post-infectious IBS and other gastrointestinal issues that may be causing the diarrhea.

### Side effects

FMT is an investigational treatment, meaning all possible side effects are not yet known. If you have any changes in your health after FMT, tell your doctor right away. Nausea, bloating and mild cramping often occur after FMT, but usually last no longer than 24 hours. If these persist for more than 24 hours, call your doctor.

### Follow-up

If you have no signs of *C. difficile* for eight weeks, you will be considered cured. Your doctor will call you or ask you to visit in eight weeks to check on you. It is important you keep this appointment and/or return any calls from your doctor.

### Probiotics and diet

No studies have shown that taking probiotics after FMT improves the chance of successful treatment. If you do want to take a probiotic, be sure to ask your doctor for recommendations. Generally, diets high in fiber seem to support healthier bacteria.

### Hand-washing

As with most diseases, washing your hands often helps keep you and those around you healthy. When possible, wash with soap and water. Hand sanitizer is OK, but should be used only when soap and water are not available.

### Antibiotics

Antibiotics can be lifesaving medicines, but they also put you at risk for another *C. difficile* infection. If a doctor prescribes antibiotics, be sure to mention that you have had *C. difficile* and FMT. This will help the doctor choose the best medicine for you.

Questions? Send email to [fmt@kumc.edu](mailto:fmt@kumc.edu).

Information provided in partnership with OpenBiome.

### For more information

Patients: **913-588-1227** | 844-323-1227  
Physicians: **913-588-5862** | 877-588-5862  
[kansashealthsystem.com/fmt](http://kansashealthsystem.com/fmt)

