

# Preparing for Fecal Microbiota Transplantation

## Pre-FMT patient guide

Your doctor's office should fill in this part:

- Do not eat anything after \_\_\_\_\_ a.m./p.m. on \_\_\_\_\_.
- Do not drink anything after \_\_\_\_\_ a.m./p.m. on \_\_\_\_\_.
- Clean your bathrooms before your procedure. Follow the important instructions below.
- Prepare for your specific procedure as instructed by your doctor.

### Preparing your bathroom

The most important thing you can do at home to improve your chance of a successful treatment is to thoroughly clean your bathrooms.

Ask a family member or friend, or hire a cleaning service to clean your bathrooms while you are having your FMT procedure. If you must do the cleaning yourself, do it just before you leave for your treatment. Once the bathroom is clean, you should not use it again until after your FMT. Coming home to an unclean bathroom after FMT can give *C. difficile* a chance to infect your gut again. Even if you follow recommendations, two out of every 10 people treated with FMT will not get well after one treatment. Cleaning your bathrooms does not guarantee a successful treatment, but does increase your chance of success.

### Cleaning instructions

Provide these instructions to the family member, friend or service cleaning your bathrooms.

A thorough cleaning requires the following items:

- Bleach\*
- Water
- Bucket
- Measuring cup
- Clean rags
- Clean sponge
- Trash bag
- Rubber gloves

\*It is very important to use bleach, like Clorox®, and not a different cleaning agent.

1. Put on rubber gloves and wear them throughout this process.
2. Prepare the cleaning solution. Mix 1 cup of bleach with 9 cups of water in the bucket.
3. Wipe away any stool you can see with the clean rag. Throw the rag away when done.
4. Wet the sponge in your cleaning solution and scrub everything – hard!
5. Continue to wet the sponge as necessary while cleaning.

*C. difficile* bacteria can hide on many bathroom surfaces, not just the toilet. Make sure your scrubbing includes the following high-touch areas:

- Toilet
- Sink
- Shower and tub
- Faucets and taps

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

Once all the bathrooms in the home have been cleaned, dispose of the gloves, sponges and rags in a garbage bag. Place this bag in an outside trash can.

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

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

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[kansashealthsystem.com/fmt](http://kansashealthsystem.com/fmt)

