

PATIENT EDUCATION

Stool or Fecal Transplant

Stool or fecal transplant

A stool transplant is a treatment used for patients with recurrent Clostridium Difficile (C-Diff). The Clostridium Difficile (C-Diff) bacterium causes serious intestinal conditions such as diarrhea and colitis. Clostridium Difficile infection can cause many different symptoms, including watery diarrhea, fever, loss of appetite, nausea, and belly pain. A stool transplant gives back the normal bacteria and realigns the body's defenses against C-Diff to cure the infection.

- A stool transplant is done by upper endoscopy (EGD) or colonoscopy depending on your provider's recommendations.
- A stool transplant can be done for both inpatients and outpatients.

Preparing for the stool transplant

- If your stool transplant is given with an upper endoscopy (EGD) you may be given a prescription for a medicine to help lower the gastric acid production. You may already be taking a medication like this, but for those who are not they will need a prescription. You will take this medicine the evening before your procedure and the morning of your stool transplant .
- You will be given a prescription from your provider for a bowel preparation.
- You will stop taking **Vancomycin or antibiotics** the **evening** before of the transplant.
- Be sure to follow the specific diet instructions given by your provider.

Potential complications

- Undesired effects from anesthesia.
- A tear in the wall of the esophagus, stomach, small intestine, or large intestine.
- Aspiration.
- If you have any questions, ask your provider.

What should I expect during the stool transplant ?

- Your provider will explain the risks and benefits of the stool transplant to you.
- You will sign a consent form for the stool transplant .
- An IV will be placed so medicine can be given for the stool transplant .

What can I expect after the procedure?

- You will need to schedule an **eight-week** clinic or telephone follow up.
- Following a stool transplant, you will be encouraged to hold in the stool for at least four hours. You may feel the urge to have go to the bathroom.
- Following an upper endoscopy, you will be encouraged to sit upright for at least 30 minutes after.
- Following the stool transplant, you will awaken from the sedation, perhaps feeling bloated, or gassy. This will pass.
- You will be able to resume your normal diet after you leave the Endoscopy Unit.

What are the approved cleaning products effective against C-Diff?

- If you have questions regarding your cleaning products, ask your provider or nurse.

- The EPA (Environmental Protection Agency) has a full list of accepted cleaning products. You can visit their website for more information at [https://www.epa.gov/sites/production/files/2018-01/documents/2018.10.01.listk .pdf](https://www.epa.gov/sites/production/files/2018-01/documents/2018.10.01.listk.pdf).

What are proper cleaning methods at home?

- 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 stool transplant. If you must do the cleaning yourself, do so just before you leave for your stool transplant. After the bathroom is clean, you should not use it again until after your stool transplant.

What is the cleaning process for at home?

- It is recommended that all bed linens be washed prior to a stool transplant. Dirty linens should be handled as little as possible and washed separately in hot water cycles with chlorine bleach and laundry soap.
- Traditional household cleaning products will NOT kill C-Diff spores.
- It is **very important** that you use bleach (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.
 5. Make sure your scrubbing includes the following high-touch areas: toilet, sink, shower, tub, faucets, and taps.
 6. Allow surface areas to completely dry. If possible, allow for a ten-minute dry time.
 7. 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 trash can.
 8. Finally, wash your hands and arms up to your elbows with soap using a friction for at least one minute.

References

Dr. Steven H. Bollinger, Department of Gastroenterology, Centra Care Health Plaza, St. Cloud, MN

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