

What to do following a stool transplant?

- You will need to schedule an **eight-week** clinic or telephone follow up appointment.
- You will **not** restart your antibiotics such as **Vancomycin** unless otherwise directed by your doctor.
- The newly transplanted bacteria need to re-populate in your body and stop the C-Diff. While symptoms usually improve within a week of the transplant, C-Diff maybe found in the stool for months after the transplant. This does not mean the transplant failed.
- You may have symptoms of C-Diff infection in the days after the transplant. If you notice worsening diarrhea, like of your prior infection, contact your doctor.
- **Hand washing:** As with most diseases, washing your hands often helps keep you and those around you healthy. Always wash with **soap and water**. Hand sanitizer is okay but should be used only when soap and water are not available.

What you need to know about taking antibiotics after a stool transplant?

- Antibiotics can be helpful medicines, but they also put you at risk for another C-Diff infection. It is very important that you try to avoid using antibiotics for at least three months after the transplant.
- It may take weeks or months for the transplanted bacteria to re-populate the colon and drive out the C-Diff infection.
- Antibiotics that are most risky for relapse of the C-Diff include Clindamycin, various types of Penicillin and Cephalosporins, as well as Ciprofloxacin, Levofloxacin, and Moxifloxacin. Metronidazole (Flagyl) should also be avoided in this time frame.
- Of course, if you are ill and need an antibiotic to recover safely, antibiotics should not be withheld, but should be used wisely. Your personal provider can provide guidance in this matter. Antibiotics that are low-risk for killing the transplant or provoking C-Diff include Sulfa, Tetracyclines, Zithromycin, and Clarithromycin.

What you need to know about taking probiotics after a stool transplant?

- If you wish to take probiotics, please address with your doctor.

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. Ideally this should be completed prior to the stool transplant.

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.

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, Minnesota

Great Plains Quality Innovation Network. Clostridium difficile (C. difficile), Laundry and Cleaning in the Home. Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota, and South Dakota, 2018, pp. 1-2.

Kassam, Z. (2016, June). Position Statement for Fecal Microbiota Transplantation. In OpenBioME Clinical Primer.