



Preparatory Treatment Protocol for FMT and What to expect after FMT

Standard treatment protocol for FMT

We administer two to three times per week although if the patient is coming from a long distance or from abroad, then we do it daily for five days one week and five days the next, but using a more relaxed treatment programme i.e. two or three times per week is fine. So therefore, it is not essential that the days have to be consecutive and this programme can be modified, but generally speaking the first 10 doses need to be given reasonably close to each other. Two treatments a day is not recommended because even though this may shorten the treatment process, this does not allow the gut time to accommodate to the new microbiome.

FMT is performed using a Paediatric Rectal Catheter inserted through the Anus to reach the lower part of the Sigmoid Colon. The administration of the normal bacterial flora just takes a few minutes, and the patient is left to rest on the couch for an hour before they leave the clinic. The volume inserted is about 50ml and should be retained for as long as possible.

Bowel Cleanse Programme before FMT

For one month take Oxy-Klenz in order to clear the bowel, then have a Colonic Lavage, sometimes called Colonic Hydrotherapy. This can be done locally but should be done as close as possible to your having the FMT. The aim being to administer FMT on a clean 'pink' colon. We have local Colonic Hydrotherapists available in Hampshire. We also give a 10-day course of Metronidazole, which should be completed on the day before the FMT. This is 400mg twice a day. This is an antibiotic which kills the 'bad guys', these 'bad guys' are particular species of anaerobic organisms in the gut, and clearing these out is more likely to result in a more successful FMT result.

There are two other options, the second option is to take for Movicol three to four days before coming, then take a double dose one day before travel but not on the day of travel, then travel, then Colonic Lavage. Again, we are able to do this locally if that is not convenient otherwise.

The third option is having Colonic Lavage on three consecutive days before administering FMT.

The use of FMT for anything other than Clostridium Difficile (C.Diff) has not been tested yet using large-scale clinical trials these will generate relevant statistics to let us know what to expect and what sort of percentage successes we can predict. Because of this, we have no way of knowing who will respond quickly and who will take longer.



Experience shows that there are generally three groups of patients

- Fast responders who show a rapid and sustained improvement in their health and sometimes remission of all of their troubles and symptoms, and this can happen within six weeks.

FMTP-02
Page | 2

- The second group can take as long as three months and sometimes have dips and troughs in their progression, sometimes these people benefit from having top ups from time to time.
- The last group are those slower to respond, and these patients generally need another course of treatment. If there is no response after a second course of treatment, then generally we would not continue with this treatment approach. Professor Thomas Borody found that even the most stubborn cases can resolve by two years of intermittent treatment.



You could expect to feel some immediate benefits, and then again you could feel a resurgence of old symptoms as your body and immune system interact with a new microbiome. There is no definite path or predicted pattern of reactions to FMT, so each person responds as an individual.

Therefore, it is necessary to give at least three months before assessing the outcome, and this is the length of time taken by the immune system to respond to the new microbiome. In the meantime, you may need to do some more treatments such as “top-ups”.

When should I have top-ups and how many?

If you do experience initial improvement and then feel symptoms returning and feel that you are regressing, then it may well be that you need to have some “top ups”. We will assess your progress at three months and decide how to proceed.

A few things are applicable to all:

1. If you have any kind of food poisoning or a gastric ‘bug’ of any kind, then it would be wise to have at least one FMT treatment to restore the gut flora balance.
2. If you have to take antibiotics for any reason, then you should follow those antibiotics with at least two FMT implants. One single course of antibiotics can damage the microbiome and set you back, something that might become noticeable after a length of time rather than immediately.



3. If you travel to countries where there is a high level of “travel diarrhoea” such as Egypt, Bali, Thailand, India etc, it is helpful to have a “top-up” FMT treatment when you come home.

4. Whenever you need to carry out an FMT implant, either at home or in the clinic, the key to the outcome of the process is to deliver the product to a clean and empty colon. If you are making a firm and full stool in your bowel, it can become an obstacle that cannot be bypassed. What you are aiming for before you start the implant, is a pink, clean colon for the best results.

5. FMT takes one hour. The insertion of the implant only takes a few minutes, the rest of that hour is spent lying in a relaxed manner on the treatment couch.

Time since last implant	Suggested Prep
Less than two weeks:	Oxy-Klenz for a couple of days (at night) before using the implant. Use the dose you have already established works best for you.
Between one and two months:	Oxy-Klenz for a couple of days before using the implant, or in some cases we would prescribe a dose of Movicol the day before if you have been constipated at all in this period.
More than three months since last implant: Use one or two top-ups	We recommend either a single 1. Colon Cleanse by Colon Hydrotherapy and we would refer you to a local clinic for that, or you might have a clinic near to you carrying this out. Or, a softening and hydrating process by Oxy-Klenz as an oral supplement for about 4 or 5 days (longer if constipated any time in the last three months). 2. Oxy-Klenz or similar for 4-5 days (at night) before using the implant, or a single dose of Movicol the day before if you have been constipated during this period.
Please avoid using stimulant or irritant herbal or chemical laxatives if at all possible.	