

Preparing for Your Fecal Matter Transplant (FTM)

What is a Fecal Matter Transplant (FMT)?

A fecal microbiota (or matter) transplant, also known as a stool transplant, is the process of transferring fecal bacteria and other microbes from a healthy individual into another individual.

You and your doctor have discussed treatment options and have elected to pursue a lower delivery fecal microbiota transplant (FMT) via colonoscopy.

If you are not able to keep the scheduled colonoscopy appointment for your FMT, you must call to cancel as soon as possible. The donor stool will be discarded as it cannot be reused and there will not be a refund for the wasted product.

What should I know about the optional FMT / C. Diff research study?

This research study is being conducted to better understand recurrent C. diff infection and how FMT works. If you elected to take part in this **optional** study:

- A kit will be mailed to you by the study coordinator for you to collect two samples of stool prior to your FMT procedure.
- You will need to collect these stool samples **after** you stop treatment for your C. Diff/any antibiotics, and before you start your colonoscopy prep.
- You will bring your stool sample with you to your FMT appointment, and the study coordinator will meet you at the Medical Procedures Unit to pick up the stool samples.
- In the pre-operative area prior to your procedure, we will obtain two 9 mL vials of blood through your IV line for the study.

What is the cost of an FMT and will my insurance cover it?

Because FMTs are not yet FDA-approved, many insurance companies do not cover the cost of the FMT stool material. The cost of the unit is \$1,695.00. The cost of the colonoscopy is billed to your insurance and is likely to be covered depending on your insurance provider. Please note that this does **not** replace your routine screening colonoscopy for colon cancer detection. If you have concerns about receiving more than one colonoscopy in one year per your insurance, please discuss these concerns with your doctor or insurance company.

How do I prepare for my FMT?

Please note, these instructions are specific to the **FMT portion** of your procedure, not the colonoscopy itself. Please be sure to also follow the instructions sent to you by the Medical Procedures Unit on how to prepare for the colonoscopy itself.

The Medical Procedures Unit where the colonoscopy will take place will contact you to schedule the procedure and provide instructions on how to prepare for it. These instructions will include bowel prep. Please follow these instructions as failure to do so may result in your procedure being canceled.

Colonoscopy/bowel prep instructions can be found here:

<https://careguides.med.umich.edu/browse-by-medical-service/colonoscopy>

2 days prior to your Fecal Matter Transplant:

Stop any antibiotics, including any treatment for C-Diff, such as Vancomycin, unless you are told otherwise by your physician.

2 Hours prior to your Fecal Matter Transplant:

Take two Imodium (loperamide) tablets 1-2 hours prior to the procedure. Additional Imodium will be provided for you in the recovery room after your procedure.

During your Fecal Matter Transplant:

The endoscopist/GI doctor will take clinical biopsies from your colon to rule out any other underlying problems that may be causing your diarrhea, such as microscopic colitis.

If you elected to take part in the **optional** FMT / C. Diff research study and consented to the sub-study for optional biopsies:

- We will take twelve (12) 1 mm-cubed size pieces of rectosigmoid colon tissue (biopsies). This is done at the end of the procedure and will be taken while the scope is being pulled out.

If you elected to take part in the **optional** FMT / C. Diff research study but did **not** consent to the sub-study for optional biopsies:

- Nothing additional happens for research purposes during the procedure.

After your Fecal Matter Transplant:

- Following your procedure, you will be required to lay head-up, feet-down on your right side for at least an hour in the recovery room.
- You will need a follow-up visit with your referring infectious disease or GI provider 8 weeks following the procedure; this can be done by phone, video, or in person.

If you elected to take part in the **optional** FMT / C. Diff research study:

- We will provide a stool collection kit the day of your FMT with a pre-paid shipping label. Following your 8-week post-procedure visit with your infectious disease doctor, please collect your stool sample, and mail it to us with the pre-paid shipping label that was provided to you the day of your FMT.
- If you are returning to the main U-M Medical Campus for your 8-week post-procedure visit:
 - We will get two additional 9 mL vials of blood from you at this visit.

- If you are not in the area for your post-procedure visit:
 - It is not necessary to obtain these vials.

If you elected to take part in the **optional** FMT / C. Diff research study **and** consented to the sub-study for optional biopsies:

- If you have a colonoscopy scheduled as a part of your standard of care:
 - We will take 12 additional biopsies for research purposes.
- If you do **not** have a colonoscopy scheduled as a part of your standard care:
 - We will not require any additional tissue and your enrollment in the study is completed.

Who do I contact with questions?

If related to FMT or C. Diff, please contact your referring Infectious Disease or GI provider:

- Infectious Disease: (734) 647-5899
- Gastroenterology: (734) 647-5944

If related to the colonoscopy, colonoscopy preparation, or the procedure itself, please contact the Medical Procedures Unit:

- Medical Procedures Unit: (734) 936-9250

If related to the research study, please contact the study coordinator:

- Valerie Khaykin, (734) 936-4979, vk@med.umich.edu

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