

Fecal Microbiota Therapy: *Donor Information*

What is fecal microbiota therapy?

Fecal microbiota therapy (FMT) is a procedure to treat bacterial infections in the gut. These infections are caused by a germ called *Clostridium difficile*, which is usually just called *C. diff*. FMT involves putting healthy bacteria from a donor's feces into the intestine of a sick person to fight the infection. (Other common names for feces include stool, fecal matter, poop, and bowel movement.)

Most *C. diff* infections can be treated with an antibiotic, which is a medication that kills bacteria. When antibiotics don't work, FMT may work better.

Who can donate stool?

A stool donor should be a healthy person who does not have problems that could be passed to the person receiving a fecal transplant. A possible donor may be someone that knows the person receiving it, someone that the doctor knows, or someone who has donated stool to a medical company.

If you are picked as a donor, you must pass a careful screening. Donor screening involves answering health questions and testing your blood and stool. Your answers and test results will be kept private.

You should not donate stool if you have:

- **Certain infectious diseases** or recent exposures to HIV or hepatitis
- **Long-lasting digestive problems** such as Crohn's disease or irritable bowel syndrome
- **Participated in certain activities** such as risky sexual activity, drug use, or had recent tattoos or piercings

- **Recently used certain medications** such as antibiotics, medications that lower your ability to fight germs, or cancer medications
- **Traveled to countries where certain diseases are more common** like some infectious brain diseases or diseases that cause diarrhea

What happens before donation?

Doctors and their staff will:

- **Complete screening tests.** You will be checked for certain illnesses and bacteria. You will give blood and stool samples to be tested. Health insurance may or may not cover the cost of these tests.
- **Provide instructions.** Doctors and nurses will tell you more about FMT and give you special instructions for providing the stool sample.
- **Provide a container** for the stool sample and maybe a **medication** to soften your stool.

What happens after donation?

Medical staff will prepare your stool sample for the person who will receive it. They will add sterile salt water to the feces and then filter it to remove any solid material. Sometimes, the stool will be prepared, frozen, and stored until the day of the transplant.

Is it safe?

Yes, FMT is a safe procedure for both the donor and the person receiving the fecal transplant. In fact, there are no risks for the donor.