

Faecal Microbiota Transplant

Recommendations for safe and effective administration of FMT for *C. difficile* infection

General effectiveness and safety

Offer antibiotics alone for a first episode of CDI unless disease is fulminant or refractory to treatment, in which case FMT may be considered as part of the management. Consider FMT for a first episode of recurrence (i.e. second episode), and offer FMT to all patients after a second or further recurrence (i.e. third or further episodes).

Ensure that CDI is treated with appropriate antibiotics for at least 10 days before FMT is given.

FMT can be offered to all patients, regardless of comorbidities/health status. The only exception is a known anaphylactic food allergy. Beware that there is a small risk that IBD patients with CDI may experience an IBD flare after FMT.

Further FMTs can be offered as necessary (e.g. if the first one fails).

There is no need to test for CDI after FMT if patients' symptoms resolve.

Recipient eligibility

There are no recipient factors which make FMT ineffective or unsafe. FMT can be offered to anyone except those with anaphylactic food allergy.

Donor eligibility

There are currently no known donor factors which influence the effectiveness of FMT but all donors must be screened robustly to ensure their faeces are safe to donate. Screening needs to be repeated periodically to ensure ongoing safety.

Preparation of FMT

Frozen FMT must be offered whenever possible. Use stools from a healthy universal donor instead of stools obtained from family member or a friend

Administration of FMT

Any route, except enema, can be considered based on suitability and patient preference. Enema can be considered for patients in whom other FMT delivery methods are not feasible.

Use bowel preparation/lavage as a preparation for FMT; there is no need to administer proton pump inhibitors or other antisecretory agents. Do not use antimotility agents.

Post-FMT

Wherever possible, antibiotics should be avoided after FMT, as they increase the risk of failure. Consult specialist professionals if antibiotics need to be given within eight weeks after FMT.



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