

Patient information: faecal microbiota transplantation (FMT) by capsules

How is the FMT performed?

You have agreed with the doctor to undergo a FMT by taking capsules. The treatment consists of 15–30 capsules containing intestinal microbiota from a thoroughly screened healthy donor. All donors are healthy faeces donors affiliated with Aarhus University Hospital, Aarhus, Denmark. The donor stool is enclosed in two capsules of a special type that only dissolves in the small intestines. For the treatment to be given as capsules, it is necessary that you are not vomiting and that you are able to swallow capsules.

Preparation for the treatment

In most cases, you will need to take antibiotics for 4-14 days before the treatment. You agree with the doctor which kind of antibiotics and for how long. On the day of the treatment, you should not eat or drink dairy products for 6 hours before the treatment. You may drink clear liquids at any time, such as juice, but no dairy products.

How is the treatment carried out?

During the treatment itself, you will sit in a chair in the outpatient clinic. In rare cases, treatment during admission is necessary. Before starting taking the capsules, you will be provided with a tablet that stimulates gastric emptying into the small bowel (metochlopramide, 10 mg). Apart from that, there is no need for any special medication. The capsules are stored frozen at minus 80°C and are thawed one hour before the treatment. The capsules will be at room temperature or slightly cooler when you take them. Their surface is smooth, making them easy to swallow. They are white and have no taste. You can take the capsules over the course of half an hour and may drink clear acidic liquids with them, e.g., apple juice. After taking the capsules, you may go home.

Side effects and reactions

In the first few days after the faecal transplant, you may temporarily experience diarrhea, nausea, discomfort, and rumbling in the stomach. Around one third of all patients experience such symptoms. They are usually mild and transient, and they may indicate that the faecal transplant is having an effect. If you develop a high fever or a general feeling of illness, you should contact the clinic or the on-call doctor. In very rare cases, less than 0.5%, serious reactions occur. These usually comprise infections and should be treated in hospital. Death after FMT occurs in less than 5,000 patients and is usually related to other coexisting diseases.

After the treatment

You should not take antibiotics after the transplant. You arrange follow-up with the clinic. If you have normal bowel habits 8 weeks after the FMT, we consider the treatment with sustained effect.

Contact information

Telephone number for emergency contact (high fever or feeling acutely unwell): XXX.
Telephone number for daytime contact with the outpatient clinic: XXX.
Attending physician: XXX.

More information about FMT from Denmark

You can read more about Centre for faecal microbiota transplantation at Aarhus University Hospital (CEFTA) her: <https://cefta.au.dk>.