

Pre-FMT Suggestions for Physicians

FMT TREATMENT

FMT treatment can be divided into a loading dose and, if needed, a maintenance dose. The loading dose takes place the day following a bowel cleanse. Loading doses are normally larger FMT doses over 1-2 days, while maintenance is smaller doses over a period of days/weeks/months.

Our suggested treatment plan consists of:

- Pre-treatment (i.e. antibiotics, antifungals and antiparasitics if needed)
- Bowel cleanse/ fasting (done the day before starting FMT)
- FMT- Loading dose (patients should fast on this day as well)
- FMT- Maintenance if needed

PRE-TREATMENT

Pre-treatment (or microbiome prep) helps to prepare the gut microbiome by reducing species richness and which microbiota are dominant before FMT, allowing for better engraftment of the donor microbiome and, therefore, better outcomes post-FMT. Studies have shown that pre-treatment with antibiotics may impact the magnitude and duration of improvements after FMT, indicating that a recipient's microbiome before FMT may play a primary role in the outcomes of FMT (Schmidt, T. S. et al. 2022, Kang, D.W. et al. 2017, Li, N. et al. 2021). At Novel Biome, we have extensive knowledge of FMT treatment and can offer support through consultation with our medical team to help create pre-treatment protocols.

SUPPLEMENTS AND FMT

Often patients are on several different supplements. It is important that these contain NO antimicrobial ingredients, as these can kill off transplanted bacteria. Any supplement with antimicrobial ingredients should be stopped 48 hours before starting FMT. Reviewing a patient's supplements before starting FMT can help increase FMT success.

Here are supplements to avoid. This list is NOT exhaustive but are supplements commonly taken which can affect FMT engraftment. It may be worth suggesting at a patient attempts to reduce supplements to 5-10 core supplements while doing FMT.

- Probiotics
- Single-ingredient prebiotics
- Binding agents of any kind (i.e. activated charcoal, clays)
- Any supplement that contains herbs with antimicrobial activity, such as:
 - Berberis Aquifolium/vulgaris (Oregon Grape / Barberry)
 - Origanum Vulgare (Oregano)
 - Curcuma Longa (Turmeric/Curcumin)
 - Allium sativum (Garlic)
 - Thymus vulgaris (Thyme)
 - Baptisia tinctoria (Wild Indigo)
 - Hydrastis canadensis (Goldenseal)
 - Ligusticum porteri (Osha)
 - Lomatium dissectum (Lomatium)
 - Echinacea angustifolia (Echinacea)
 - Commiphora molmol (Myrrh)

BOWEL CLEANSE

We believe it is important to do a bowel cleanse prior to starting FMT. Our reasoning behind this is that clearing out as much fecal matter as well as "washing out" as much antibiotic or antimicrobial that may still be in the system should help to enhance engraftment and FMT success. We believe the use of a bowel cleanse is more important for patients who are suffering from constipation. Some examples of bowel cleanse are Magnesium Citrate, Magnesium Oxide, MoviPrep etc.

FASTING

On the day of the bowel cleanse and during the first day of FMT treatment, we suggest patients go on a water fast if possible. This should hopefully reduce the amount of food/stool in the digestive system and provide an enhanced environment for FMT engraftment. If fasting is too challenging, a light diet of juice, smoothies, soups, broths, etc., is recommended. Fasting is an optional step and only used if a patient can tolerate it.

Disclaimer: Novel Biome is a contract manufacturer of FMT products, providing high-quality FMT products to physicians. The information provided in this document should not be considered medical advice and is based on Novel Biome's understanding of their FMT products and past experience treating patients with FMT. Our hope is that this information helps as a starting point for physicians. If you have more questions, comments or concerns with these instructions, please email us at support@novelbiome.com.



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