Faecal Microbiota Transplant (FMT)

Restore digestive health after
Clostridioides difficile infections

Gleneagles Hospital
SINGAPORE

Mount Elizabeth
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WHAT IS FAECAL MICROBIOTA TRANSPLANT (FMT)?

Faecal Microbiota Transplant is used to treat recurrent or refractory Clostridioides difficile (C. diff) infections, a bacterial infection that can cause severe inflammation of the colon. Most C. diff infections occur during or shortly after antibiotic treatment.

Other risk factors include:

⚠ Being 65 or older

⚠ Weakened immune system caused by HIV/AIDS, cancer treatments or immunosuppressive therapy

⚠ Prior C. diff infection

⚠ Chronic conditions like inflammatory bowel disease, kidney disease, liver disease and cardiovascular disease

Common symptoms of C. diff infection include:

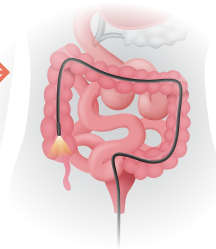| Diarrhoea	Loss of appetite	Stomach pain or cramps	Fever	Nausea

FMT helps to restore the balance of microbes by introducing a small sample of processed stool from a healthy donor into the colon to repopulate the beneficial microbes in the gut.
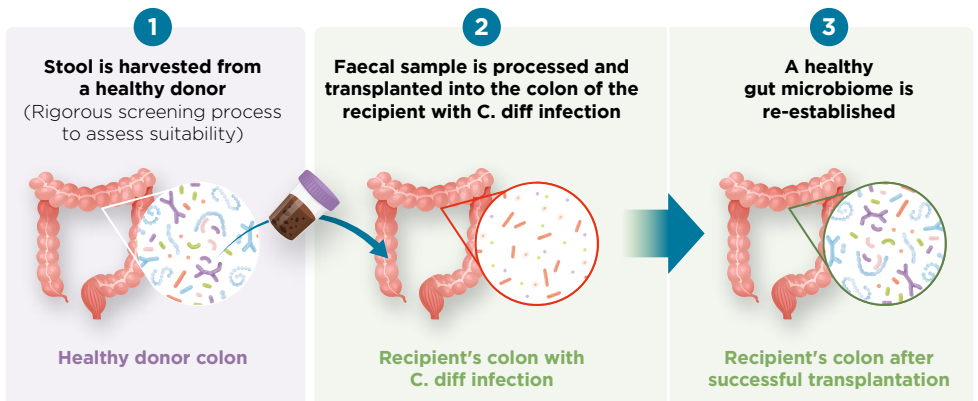
How is it done?

FMT can be administered through:

1 **Colonoscopy** →
2 Freeze-dried oral capsules
3 Enema
4 Nasogastric tube

Colonoscopy is an established and well-tolerated process.

This method has been shown to provide **good patient outcomes and allows the specialist to examine the entire colon for other conditions**.

1 Stool is harvested from a healthy donor
(Rigorous screening process to assess suitability)

Healthy donor colon

2 Faecal sample is processed and transplanted into the colon of the recipient with C. diff infection

Recipient's colon with C. diff infection

3 A healthy gut microbiome is re-established

Recipient's colon after successful transplantation

YOUR FMT JOURNEY

The FMT journey through colonoscopy is simple:

Simple preparation

1

Preparing the gut environment - 3 to 5 days prior

Commence course of antibiotics

2

Preparing the gut environment - 24 hours prior

Antibiotics will be discontinued. Begin bowel preparation, including a diet of clear liquids.

Transplant

The FMT procedure takes 30 - 45 mins.

3

Quick and straightforward process

Same-day discharge

Fast recovery

5

Recovery and follow-up

Patient may resume normal activities and diet immediately after FMT.

A follow-up appointment will be scheduled to monitor the impact of FMT on their gut health.

Observation

4

Patient will be monitored for 4 hours after the procedure, and then they can go home.

YOUR PATH TO RECOVERY WITH FMT

FMT is an effective treatment with the following benefits:

Up to 95% of patients achieve cure[1]

Simple procedure with minimal downtime

Safe and well-tolerated treatment

If you suffer from recurrent C. diff infections, FMT might be an option.

At Mount Elizabeth Hospitals, our specialists leverage their expertise in FMT to provide patient-centric care with short recovery, enabling patients to quickly resume their daily activities.
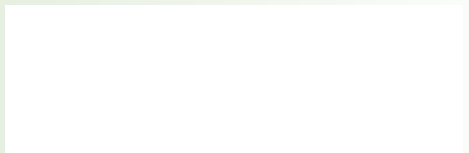
Find out more about FMT from our specialists.

Reference:
[1] Allegretti JR, Korzenik JR, Hamilton MJ. Fecal microbiota transplantation via colonoscopy for recurrent C. difficile Infection. J Vis Exp. 2014 Dec 8;(94):52154. doi: 10.3791/52154. PMID: 25549239; PMCID: PMC4396937.

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As a patient at Gleneagles Hospital Singapore, Mount Elizabeth Hospital, Mount Elizabeth Novena Hospital and Parkway East Hospital, you enjoy easy access to a full spectrum of integrated healthcare services under the IHH Healthcare ecosystem.

For more information, speak to us at: