

FAQs for FMT referrals

1. *What is FMT and what does it do?*

FMT stands for Fecal Microbiota Transplant. We use FMT in persons who have diarrhea caused by the bacteria C. Diff that keeps coming back despite antibiotic treatment.

2. *When do we use FMT?*

We typically consider FMT when C. Diff has come back despite 3 or more courses of antibiotics for C. Diff.

3. *How does the FMT process work?*

In the Infectious Disease clinic, we administer FMT as capsules that are prepared by a stool bank called OpenBiome. More information about OpenBiome can be found here:

<https://www.openbiome.org/>. We purchase a batch of capsules for the FMT from OpenBiome and keep those capsules frozen until it's time for your FMT. Each batch contains 30 capsules that need to be swallowed in 60 minutes, or else they start to thaw and melt. If you have trouble swallowing pills, food, or drink, you may not be able to have a capsule FMT.

4. *If I'm referred to OHSU for FMT by my provider, will I get an FMT right away?*

No, we will always have an introductory appointment with you to review your C Diff history, determine your eligibility for FMT, and if you are eligible for FMT, go over the process in more detail with you. If we feel that FMT is right for you and you agree to the FMT, we'll then schedule another appointment for the FMT itself.

5. *How well does capsule FMT work?*

Our own experience and data published by others indicates that capsule FMT is successful approximately 80-85% of the time. This means that the C Diff diarrhea doesn't come back within 8 weeks after the FMT in 80-85% of patients.

6. *What if the capsule FMT isn't successful?*

In this case we'll talk about options, including a 2nd capsule FMT or referring you to Gastroenterology for FMT by colonoscopy.

7. *What is the cost of FMT?*

Each batch of capsules costs \$2,050.00. FMT is not approved by the FDA- it is considered "experimental" by the FDA. Because of that, we can't bill your insurance for the cost of the capsules. You will be responsible for the entire \$2050 cost of the capsules. Prior to going ahead with FMT, you will be asked to sign a waiver stating that you agree to pay this cost. You will be responsible for this cost regardless of whether the FMT is successful or not. OHSU offers Financial Assistance for those who qualify, and we will help you explore this option if applicable.

8. *What happens after the FMT?*

After the FMT you can leave clinic right away unless there were any problems during the FMT or you feel sick afterwards, in which case we may ask you to stay for a period of time. We will follow up with phone calls periodically to check how you're doing, but if your diarrhea comes back at any time you should call your FMT provider immediately.