Fecal Microbiota Transplantation (FMT)

Fecal microbiota transplantation (FMT) treats **clostridium difficile** (C. diff.) infection. C. diff. is often caused by antibiotics that change the bacteria in the colon. Antibiotics can kill the healthy bacteria in your colon. This allows C. diff bacteria to grow and cause severe diarrhea. In some cases, the infection can be life-threatening if not treated. FMT adds healthy bacteria to your colon to help restore balance and treat the infection.

Rebyota®

Rebyota® is a type of FMT. It is made from donated human stool and may contain food allergens. Tell your provider before your treatment if you have any food allergies.

Medicine

You will be prescribed antibiotics before FMT such as:

- Vancomycin
- Fidaxomicin (Dificid®)
- Metronidazole (Flagyl®).

You must finish your antibiotics 1-3 days before FMT. **Do not** take antibiotics for 8 weeks after receiving Rebyota® unless your provider says you to.

During FMT

A nurse will take you to a private room and give you the treatment as an enema. An enema is a liquid placed into the rectum through a small tube. After treatment, we will have you lay on your side for 15 minutes. This helps reduce cramping.

Activity Restrictions

You may resume your normal activities afterwards.

Side Effects

Side effects may happen during the first 2 weeks after treatment and may include:

- Stomach pain
- Diarrhea
- Bloating
- Gas
- Nausea

When to Call

Call the clinic if you have diarrhea after treatment. This includes 3 or more loose bowel movements in 24 hours for 2 days in a row.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2026. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7878.