A guide to...

Stool donation for Faecal Microbiota Transplantation (FMT)
Will my GP be informed?
Your GP will be informed if you are seen in the outpatient clinic and further checks are done, to ensure they are aware of the process and any results of tests that are checked in the process of your health screening.

What will happen to my personal information?
All personal information would be completely confidential and would be managed as it would be for any patient of the trust. Any personal information will be stored on secure trust computers with access only available (through secure password protection) to the clinician responsible for your screening and donation. Information will also be recorded in your written medical records in the same way it would be if you were a patient at this trust.

What if I sign up but then change my mind?
You can change your mind at any time during the process. This will be recorded in your medical records and in a letter to your GP to state that you are no longer participating as a stool donor.

Who can I contact if I have any questions?
Please do not hesitate to contact the department on 01442 287 682 (9.00am to 5.00pm Monday to Friday) or email FMT@whht.nhs.uk. Thank you for considering to become a stool donor.

What should I do now?
If you would like to become a stool donor please complete the questionnaire attached and return it either by post to (Dr J Landy, Gastroenterology Department, Watford General Hospital, Vicarage Road, Watford, Hertfordshire WD18 0HB) or scan and email it to FMT@whht.nhs.uk.

Thank you for considering to become a stool donor.

**What is Clostridium difficile?**
*Clostridium difficile* is a bacterium that can cause intestinal infection sometimes leading to severe diarrhoea, abdominal pain and fever. Unfortunately some patients do not respond to standard treatments or have recurring infections. We are looking for healthy donors to provide stool for a new treatment called Faecal Microbiota Transplantation that could cure some patients with *Clostridium difficile*.

**What is Faecal Microbiota Transplantation (FMT)?**
Faecal Microbiota Transplantation (FMT or stool transplant) is a treatment used for *Clostridium difficile* (bacterial) infection that is either recurring or not responsive to standard treatments. Faecal microbiota transplant involves transfer of healthy bacteria in a mixture of prepared processed stool from a healthy donor to the intestine of the patient. The aim is to restore a healthy balance of bacteria in the gut. Donors are anonymous and are screened in advance to ensure they are healthy and tested for a wide array of viral, bacterial and parasitic infections.

**What would be asked of me if I became a stool donor?**
We would ask you to fill out and return the questionnaire enclosed with this leaflet. If you were considered suitable to proceed we would ask to see you in the outpatient clinic to further check your health and suitability to become a stool donor. At this appointment we would request blood tests and stool tests to exclude viruses (including hepatitis and HIV virus), bacteria and parasites.

We would ask for your contact details as we would need you to provide stool for transplantation on an “as required basis”, although we may also sometimes store processed samples for donation.

The stool donation would involve bringing into our department a whole stool in a provided container as soon as possible after it has been passed. We would anticipate that this may be required only up to three times per year. If you were happy to be an ongoing available donor we would ask to retest your stool and blood tests twice yearly and that you inform us if there are any changes to the screening questionnaire enclosed with this leaflet.

*Thank you for considering to become a stool donor.*