

Donation Instructions

1. Two weeks prior to beginning FMT, begin a high fiber diet and avoiding cured/processed meats. If your recipient has food sensitivities, you will need to avoid those foods. If your recipient has candida, it's probably a good idea to go on a low sugar diet as well. You will be continuing this diet for at least 4 weeks, possibly longer if the plan includes maintenance FMT's.

You are able to eat the following:

- Anything “wholemeal” – bread, pasta, brown rice, pulses (lentils, beans, chickpeas), muesli, fibre enriched cereals.
- All fresh fruit and vegetables, including juices
- All meat, fish and chicken

AVOID the following foods:

- Oysters, shellfish, prawns
 - Processed meats (packaged lunch meat, bacon, ham, pepperoni, sausages etc)
2. Be sure to urinate *before* creating your plastic wrap bowl and pooing. You don't want to contaminate the stool.
 3. When the FMT window has arrived and you are ready to produce a donation, use plastic wrap in the toilet bowl to create a 'net' to catch your donation.



4. Wash hands with soap and water; dry them thoroughly.

See Preparation Instructions for information on preparing the infusion.