

Infusion Prep Instructions

Below are the instructions we hung on the mirror. These instructions were adapted from the book *Ulcerative Colitis from the Bottom Up: A memoir of home treatment with fecal bacteriotherapy* by Vivek Apte.

1. Clear a work space approximately 2-1/2 ft. x 2-1/2 ft. next to the bathroom sink and sanitize it with spray cleaner and paper towel. Discard the paper towel and put away the spray.
2. Fill plastic tub with hot soapy water and set out of your way.
3. Wash hands with soap and water; dry them thoroughly
4. Place the jug of distilled water near the top-left corner of the work space.
5. Take two approximately 4-oz. disposable enema bottles, unscrew the tops, and pour out the liquid.
6. Use the funnel to rinse out the bottles with distilled water.
7. Look inside the enema bottle caps for the rubber flow-resisting disks or valves - there's one in each bottle. Remove and discard these disks with the tweezers.
8. Place the rinsed bottles with their caps next to them near the top right of your work space. Place the funnel next to the bottles. Put the tweezers away.
9. Plug in the blender and place it just outside your work space.
10. Cover the mouth of one Mason jar with the cheesecloth and create a 2-1/2 to 3 in. deep pocket in the middle. Attach the cheesecloth with a rubber band; the rubber band should be secure but not too binding. Place this jar near the front center of your work space.
11. Put on the disposable gloves – it's time for the stool
12. Transfer the stool to the flask of the blender using a plastic spoon. Discard the stool container and the spoon.
13. Getting the amount of water right is tricky and based on the consistency of your stool. Start with a small amount of water (a few Tbsps) in the flask blender.
14. Cap the flask and blend the contents for 3 to 5 seconds. This breaks up the stool and disperses the bacteria throughout the solution without incorporating too much oxygen. Add more water if needed. Keep blending to a minimum.

15. Unscrew the flask slowly and rinse the blade mechanism into the toilet bowl using the distilled water...you'll appreciate not having stool in your bathroom sink. Put the blade mechanism into the soapy water in your plastic tub.
16. Pour a little of the stool solution into the cheesecloth-covered Mason jar prepared earlier. Do not overfill; leave a comfortable, approximately 1/2 in. space at the top. Coax the solution gently through the cheesecloth using a second plastic spoon.
17. When the cheesecloth gets clogged, spoon out the solids into the toilet bowl and continue until all the stool solution is either in the cheesecloth or has passed through it. Discard the spoon.
18. Run cool tap water down the insides of the flask that was just holding the unfiltered solution, and empty the water into the toilet bowl. Repeat until all visible traces of stool solution are rinsed off, and then put the flask into the soapy water tub.
19. Bring up the four corners of the cheesecloth with one hand and gently slip off the rubber band so it closes around any remaining solids. Hold this ball well inside the jar and squeeze it to extract more of the solution.
20. Remove the glove over the cheesecloth in such a way that the gauze becomes completely wrapped in the inside-out glove. Discard this and the other glove if it's soiled.
21. Put on a fresh glove or pair.
22. Place the funnel in one of the enema bottles and hold both the funnel and the bottle in one hand. With the other hand, pour in the filtered solution to approximately 3/4 full.
23. Transfer the funnel to the second enema bottle and fill that also. There should be just enough solution for two 3/4-full enema bottles, but sometimes it's a little less. Quality not quantity, so don't worry if it's only one.
24. IF you happen to have more solution left, add enough water to fill the third enema bottle. Remember to rinse the enema bottle with distilled water and remove the rubber flow-resisting disk. Your recipient will use this as a traditional enema.
25. Rinse the funnel into the toilet bowl and keep the funnel with the items rinsed earlier, in the soapy water.
26. Cap the enema bottles.
27. Rinse the Mason jar as described for the flask. When all traces of stool solution are removed, wash the Mason jar, flask, blade mechanism, and funnel thoroughly in the bathroom sink using antibacterial soap and hot water. Discard the gloves.

28. Put everything away except the prepared enemas. Flush the toilet, clean the counter again, and light a match or two to clear the smell. The solution is now ready for the recipient.