

Recipient Instructions

Instructions for the first infusion:

1. You will need to go on a LOW FIBRE DIET at least TWO WEEKS before beginning the antibiotics and during the course of the antibiotics.

You are able to eat the following:

- Refined cereals – white bread, pasta, rice cakes and pastries made from white flour
- Milk (all forms)
- Butter, margarine, oils
- Chicken and fish
- Egg dishes
- Jellies, custards, mousses
- Fruit and vegetables (cut down the amount you eat and discard the peel) – the following are relatively low in fibre:
 - Apples Pears Melon Peaches Cherries Plums Grapes
 - Pumpkin Zucchini Marrow Lettuce Capsicum Cucumber Potato

Foods to AVOID:

- Pork
 - Processed meats: (packaged lunch meat, bacon, ham, pepperoni, sausages etc)
 - Citrus Fruits
 - Nuts and seeds
 - Berries and dried fruit
1. When the FMT window has arrived, purge your bowels. We used Miralax to do this. Mix the 8.3 oz container with 2 liters (64oz) of water. Drink 8oz every 15 minutes until it's gone. If you feel nauseous, you can take a short break. Use Crystal Light liquid drink mix to help mask the flavor. You can choose to start at any point, but you should have nothing solid to eat. You may have clear liquids (Jello, broth, juice, water, and popsicles). **YOU SHOULD CHECK WITH YOUR DOCTOR BEFORE FOLLOWING THESE INSTRUCTIONS.**
 2. Three hours after you've finished the entire 2 liters of Miralax, you can begin infusions.
 3. You can optionally take 2 Imodium tablets before your first infusion.
 4. Find a position that works well for you and infuse yourself. This is the recommended position:



■ **Knee-chest position:** Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.

5. Lie down with your feet higher than your head, so your bottom is elevated. Start on your left side for 10 minutes. Turn to lying on your back for 10 minutes. Finish by lying on your right side for 10 minutes. Continue retaining as long as possible. Keep the shape of your colon in mind while doing so. Some folks also stand on their heads and lean back and forth to move the liquid through the intestines.



The Human Colon

6. You can now eat again.

Your diet must change to a HIGH FIBRE DIET after your first probiotic infusion and we recommend you maintain this high fibre diet to enable the new flora to be strong enough to survive and implant.

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)

7. Begin taking the Probioplex Intensive Care to feed those new bacteria!

Continue infusions for a minimum of 10 days or as your doctor recommends.

Instructions for the remaining infusions:

1. Use either the FMT enema (if your donor's sample was large enough to provide one) or a standard Fleet enema as is, as a traditional enema to clear out any blockages.
2. Infuse the two thicker solutions, lie down and retain as usual.
3. Continue your high fiber diet and your Probioplex Intensive Care. Our doctor suggested continuing the Probioplex 2 months for every year you've been sick. (If you've had IBD for 10 years, continue Probioplex for 20 months).