

Supplies

Below is a list of the supplies that we purchased, and where we purchased them. This is adapted from the book *Ulcerative Colitis from the Bottom Up: A memoir of home treatment with fecal bacteriotherapy* by Vivek Apte.

Item	Store	Cost
2 – 1 gallon jugs of distilled water	Walmart	\$0.88 each
1 box of 100 plastic spoons	Walmart	\$1.48
1 – 1 qt Mason jar or similar wide mouth jar	Already had	\$0.00
12-16oz flask blender	Amazon	\$29.99
1 package (6 yds) Cheesecloth	Walmart	\$4.97
Rubber bands	Already had	\$0.00
Box of 100 disposable vinyl powder free gloves	Amazon	\$6.74
5 Fleet Enema Ready to use (6 packs)	Amazon	\$10.69
Tweezers	Already had	\$0.00
Plastic Funnel that fits enema bottles	Walmart	\$0.87
Paper Towels	Already had	\$0.00
Antibacterial Spray Cleaner (Lysol Bathroom)	Safeway	\$2.50
Antibacterial Dish Soap (Dawn)	Safeway	\$2.50
Antibacterial Hand Soap in pump	Safeway	\$1.00
Heating Pad	Amazon	\$12.99
NeutraAir Spray	Already had	\$0.00
Plastic tub for hot soapy water (check dollar store)	Already had	\$0.00
Foot operated waste basket	Walmart	\$13.44
Garbage bags of some	Already had	\$0.00
Blue disposable underpads	Amazon	\$12.95
Safety matches to help clear the smell	Walmart	\$0.88
Baby wipes for the patient	Safeway	\$3.29
MiraLax (Safeway brand)	Safeway	\$9.99
Crystal Light liquid drink mix	Safeway	\$2.99
Probioplex Intensive Care	Amazon	\$50.75
Mentholatum for under your nose	Already had	\$0.00
Plastic wrap	Already had	\$0.00

*Supplies may be cheaper locally. I have Amazon Prime (free shipping) so Amazon was a convenient and competitively priced option for me.