

FMT DOSING SCHEDULE

FMT treatment can be divided into a loading dose and, if needed, a maintenance dose. The loading dose takes place the day following a bowel cleanse. Loading doses are normally larger FMT doses over 1-2 days, while maintenance is smaller doses over a period of days/weeks/months.

Our suggested treatment plan consists of:

- Pre-treatment (i.e. antibiotics, antifungals and antiparasitics if needed)
- Bowel cleanse/ fasting (done the day before starting FMT, fasting is optional)
- FMT (patients should fast on this day as well)

ORAL CAPSULES

- The whole FMT treatment can be completed via capsules or an enema can be used for the loading dose.

- Take 30 caps/day spread throughout the day (in at least 2-3 doses) over two days (ie. 60 caps over 2 days)
- For maintenance dose, start immediately following the last day of the loading dose and take 1 cap/day
- Fast 1.5 hours before and after capsules (ie. no food for 3 hours)

ORAL POWDER

- Suggested use for someone unable to swallow capsules
- This product has been third-party validated as virtually colorless, odourless and tasteless.
- It is suggest that oral powder is combined with enema for the loading dose.

- Oral powder can be reconstituted in water, juice, milk, etc. and should also be given away from food
- We suggest between 10-20mg of Prilosec be taken each day for the duration of FMT treatment to prevent killing of the bacteria.
- Dose the Prilosec ~45 minutes before the oral FMT powder. Prilosec should be started 4 days prior to first vial dose.
- Fast 1.5 hours before and after vial (ie. no food for 3 hours)

ENEMA

- We suggest initial dose should be two enemas over two days.
- We suggest administering the enemas in the evening before bed to increase enema retention. The goal is at least 4-5 hours of retention of the enema.

COLONOSCOPY

- A single colonoscopy treatment can be used alone or in conjunction with oral capsule as a maintenance after colonoscopy.
- Typical colon preparations including a cleanse are suggested before FMT treatment via colonoscopy.

Disclaimer: Novel Biome is a contract manufacturer of FMT products, providing high-quality FMT products to physicians. The information provided in this document should not be considered medical advice and is based on Novel Biome's understanding of their FMT products and past experience treating patients with FMT. Our hope is that this information helps as a starting point for physicians. If you have more questions, comments or concerns with these instructions, please email us at support@novelbiome.com.



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