



PROBIOTIC THERAPY RESEARCH

Level 1, 229 Great North Rd Five Dock, NSW, 2046

Ph: 02 9713 4011 Fax: 02 9712 1675

[www.probiotictherapy.com.au](http://www.probiotictherapy.com.au)

# PROBIOTIC THERAPY HOME INFUSION PROTOCOL

## WHAT IS A HUMAN PROBIOTIC INFUSION ?

The human bowel contains a complex population of bacteria containing several hundred different species. The colon itself is densely populated with around 500 species and more than 30,000 subspecies of various normal bacteria. These organisms and the chemicals they produce affect the body and these effects can have both positive and negative impacts on health. The human flora protects us from pathogenic or "bad" bacteria, however if a bad bacterium does implant itself into the population of normal healthy "good" bacteria, it can have a debilitating and sometimes toxic affect on our health. Due to the nature of the bacteria which are able to produce spores, it is difficult to remove the infection which can remain for many years, even a lifetime.

The use of healthy human flora appears to be the most complete probiotic treatment available today. It acts as a broad-spectrum antibiotic capable of eradicating "bad" bacteria and spores, and supplies the "good" bacteria for recolonisation.

This therapy involves the infusion of healthy human donor faeces via enema into the bowel, which is prepared prior to the procedure. This infusion process is repeated for at least five days, depending on the severity of the condition.

The treatment is expected to improve symptoms of Irritable Bowel Syndrome and potentially cure the cause of the problem. This however is not guaranteed. The treatment has demonstrated success in treating some of the most difficult cases of Irritable Bowel Syndrome.

## DIETARY REQUIREMENTS

You will need to go on a **LOW FIBRE DIET 2 WEEKS before** beginning the antibiotics and during the course of the antibiotics. The following list gives you an idea of low fibre foods:

- ◆ 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 (peeled)	Zucchini
Pears	Marrow
Peaches	Capsicum
Plums	Pumpkin
Cherries	Potato (peeled)
Grapes	Lettuce
Melon	Cucumber

**Foods to AVOID:**

- ◆ Processed meats: sausages, ham, salami
- ◆ pork
- ◆ Citrus Fruits
- ◆ Nuts and seed
- ◆ Berries and dried fruit

Your diet must change to a **HIGH FIBRE DIET** after your first Probiotic infusion and we recommend that 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

These foods are at risk of contamination.

## **EQUIPMENT FOR THE INFUSION**

Equipment to be purchased through the Centre for Digestive Diseases

(Overseas patients will be given contact details for purchasing equipment.)

This equipment is essential for the infusion. Price on request.

- ◆ Enema bags
- ◆ Rectal tips

**Equipment to be purchased locally**

- ◆ Bottles or bags of normal saline.
- ◆ Lubricant
- ◆ Latex gloves
- ◆ Imodium tablets (Loperamide)

**You will also need the following**

- ◆ Somewhere to hang the enema bag from, ie nail in the wall.
- ◆ Funnel
- ◆ Tissues
- ◆ Stool collection device (disposable 'takeaway' container or a potty!)
- ◆ Blender

## **BOWEL PREPARATION**

You need to purchase **medication for a COLONIC LAVAGE**. – Usually available from chemist without prescription. This is the same bowel prep you would use if you were undergoing a colonoscopy.



## **SCHEDULE FOR PROBIOTIC INFUSION**

### **ANTIBIOTICS**

You will need to take one or two of the following antibiotics as per the schedule below for a minimum of 10 day. You will be advised accordingly.

TIME	RIFAMPICIN	VANCOMYCIN	FLAGYL
Morning	1 capsule (150mg)	2 capsules(250mg)	1 tablet (400mg)
Night	1 capsule (150mg)	2 capsules(250mg)	1 tablet (400mg)

**Your last dose of antibiotics will be taken  
the night before your bowel washout.**

### **Diet**

You should still be maintaining your **low fibre diet** at this point. Please refer to diet requirements section.

### **BOWEL WASH OUT (DAY BEFORE THE FIRST PROBIOTIC INFUSION)**

ENSURE YOU HAVE CEASED YOUR ANTIBIOTICS BY THIS DATE

#### **On waking in the morning:**

- ◆ DO NOT EAT any solid foods.
- ◆ DRINK CLEAR FLUIDS ONLY – Eg. clear soups, clear fruit juices, tea, coffee , Bonox, soft drinks.
- ◆ Commence bowel LAVAGE according to your own schedule.
- ◆ Drink the colonic prep throughout the day as per instructions on packet.
- ◆ IMPORTANT – please ensure you maintain your fluid intake to prevent dehydration...

**COLONIC PREPARATIONS PROMOTES DIARRHOEA**  
Be prepared to visit the toilet regularly throughout the day

## DAY ONE OF YOUR PROBIOTIC INFUSION

### On Rising

In the morning, on rising, take the 2 IMODIUM tablets. You only take these on the first morning of the infusion (unless otherwise instructed).

### Diet

You will need to start your **high fibre diet** today as per instructions. You may have a light breakfast before commencing your daily infusions.

### Infusion procedure

1. Collect donor stool in appropriate container. Place immediately into the blender with 100 – 400mls of normal saline (the volume of saline needed to make mixture 'pourable').
2. This should be blended for approximately 30 seconds.
3. Ensure the white clip is closed on the tubing. Pour this mixture into the enema bag via the red cap. Eliminate as much air as possible and close the red cap.
4. Once preparation is complete, recipient will lie on their LEFT side in the foetal position with lower half of body elevated.
5. Lubricate the rectal tip and gently insert the tip into the anus (to approximately half to one third of the length of the tip). Slowly unclamp the enema bag (after hanging the bag up) to commence the infusion. Allowing 5-10 minutes for infusion.
6. Once infusion has been completed, clamp the tubing and gently remove the rectal tip (still attached to the tubing and bag). Discard the enema bag and tip and 'double bag' for disposal.
7. You then remain on your left side, massaging your abdomen (as per instructed) for approximately 10 mins. Repeat this massage, lying on back, stomach and completing on your right side.
8. This procedure is repeated each morning for 5 - 10 days approximately.
9. If you difficulty retaining the enema you can take Imodium or codeine as required.

**REMEMBER IT'S QUALITY NOT QUANTITY**