HOME INFUSION PROTOCOL

DONORS

INSTRUCTIONS
SELECTION OF DONORS

Donors are selected by the recipient on the following criteria:

♦ The potential donor must have a healthy bowel motion every day.
♦ No history of bowel problems (eg no constipation, diarrhoea, colitis etc)
♦ Is not on any medications that may interfere with stool viability (eg antibiotics).

As a potential donor you will be fully screened to ensure that they are free from infection. This involves a blood sample and stool tests as per the enclosed protocol.

DIETARY CHANGES

The person receiving your stool (recipient) will be relying on the donor to pass a bowel motion every morning. We highly recommend that you start the following changes at least one week prior to the commencement of the infusion. These changes include:

1. Avoiding foods at risk of contamination

♦ Avoid shellfish, prawns, oysters and processed meats such as salami, ham and sausages.
♦ Avoid all antibiotics.

2. You must commence a high fibre diet to improve the quality of your flora

♦ All breads, cereals and grain should be wholemeal. This includes bread, pasta, rice and breakfast cereals.
♦ Eat plenty of fresh vegetables (with the exception of corn).
♦ Include beans and pulses in your diet (lentils, chickpeas, beans, hommos)
♦ Eat at least two pieces of fruit per day
♦ Drink at least 1 litre of water per day.

MEAL SUGGESTIONS:

Breakfast
♦ At breakfast have wholemeal toast, muesli or a high fibre cereal. Maybe include some yoghurt.

Lunch
♦ Salad sandwich with wholemeal bread and whatever filling you wish and a piece of fruit.
♦ Pasta with veggies
♦ Noodles with veggies

Dinner
♦ Pasta with meat, sauce and vegies
♦ Meat, fish or chicken with two types of vegies or salad and potatoes.
♦ Stir fried vegies (with or without meat) with noodles or brown rice.
♦ Brown rice with beans or lentils.
YOUR RESPONSIBILITIES AS A DONOR

As a donor it is vitally important that you understand the instructions mentioned. There are two major points:

1. You need to make sufficient dietary and lifestyle changes for the duration of the patient’s treatment to ensure that you will pass a bowel motion every day.

2. If you experience any of the following, please withdraw from donating:
   - Diarrhoea
   - Vomiting
   - Cold / flu
   - Any antibiotic usage

HOW TO ENSURE YOU “GO” EVERY DAY

This is the biggest concern of the donor. By following the dietary recommendations above, you should have no problem passing a bowel motion every day.

CONTACT

If there are any questions please contact Sharyn Leis (SRN)
@ Centre of Digestive Disease on 612-9713 4011
QUESTIONNAIRE FOR POTENTIAL DONORS

1. When did you last use antibiotics?

2. Have you experienced ‘traveller’s diarrhoea’?

3. Do you or have you worked within a hospital, health care facility or child care facility?

4. Please describe your stool quality ie is it soft, hard or runny?

5. How frequently do you go to the toilet in a day ie once per day, twice per day or more, or once every two to three days?

6. Do you currently have or have you recently experienced any type of abdominal discomfort ie pain / cramping or swelling / bloating?

7. Do you currently suffer from excessive flatulence (gas)?

8. Do you currently experience nausea or heartburn?

9. Have you ever noticed blood in your stool?
Human Probiotic Infusion

Blood work and stool testing for patients and donors

- **BLOOD**

  A) HIV
  
  B) HEP A IgM, HEP B,C CMV,EBV,RPR,TOXO
  
  C) FBC,ESR,CLOTING SCREEN, TSH, ANA, U&E, CREAT, GLUC, LFT, RhF, HLA – B 27, RED CELL FOLATE, B12, ANTIGLIADIN Abs, ENDOMYSIAL Abs, CRP
  
  D) H. PYLORI Abs.

- **STOOL**

  A) CELLS
  
  B) PARASITES
  
  C) CULTURE INCLUDING CL DIFFICILE + TOXIN YERSINIA, AEROMONAS, KLEBSIELLA OXYTOCA, CAMP JEJUNI, STAPH AUREUS.

  ANTI-ADHESIN ANTIBODY TEST FOR E. HISTOLYTICA.