

Human Probiotic Infusion

Gastroenterology

Introduction

This booklet has been written for patients who are having a human probiotic infusion. This booklet will help you understand the procedure, why and how it is performed. If there is any part of the booklet you do not understand please ask your doctor.

What is a human probiotic infusion?

A human probiotic infusion (HPI) is a way of introducing lots of healthy or 'good' bacteria into your stomach by passing a thin tube called a nasogastric tube (NG tube) down your nose and gullet into your stomach. The good bacteria then travel through your gut to the large intestine where they will help correct the imbalance of bacteria to improve your diarrhoea.

The infusion is made from a sample of stool from a healthy volunteer who has been specifically screened and tested for infectious diseases.

Why do I need a human probiotic infusion?

Patients who have had *Clostridium difficile* infection (also known as *C.diff*) are at high risk of getting repeat infections. This bacteria multiplies and releases a chemical that causes diarrhoea and in some cases can make the patient very unwell. The standard treatment is with antibiotics but if this does not work, or when a person gets recurrent *C.diff* infections, then a human probiotic infusion can be very effective.

Consent

We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the benefits, risks, and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information.

What are the benefits?

Research has shown that an HPI can cure *Clostridium difficile* infection in 91-100% of cases and can prevent further recurrence more effectively than antibiotics (ref: NICE IPG485).

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What do I need to know before deciding to have the procedure?

Before you make a decision on whether or not to have the infusion, a member of the nursing or medical team will discuss the procedure and talk to you about the risks and benefits. Please do not be afraid to ask questions as this is your opportunity to ensure that you fully understand the process and that you are completely satisfied to have the procedure.

If you decide to go ahead, a date and approximate time will be arranged for the infusion to take place. It does not matter if you cannot decide straight away; you can take as long as you need to make your decision.

Should you decide not to go ahead with the treatment, your doctors or nurses will discuss other options with you.

What are the risks?

The procedure is relatively safe and major complications are rare, however there are risks involved in passing the tube into the stomach. To make this as safe as possible the position is checked by testing the stomach contents for a level of acidity. If that is not successful, an X-ray is taken to make sure it is in the right place. An incorrectly placed tube could lead to the infusion being put into your lungs, which would cause pneumonia.

Risks and side effects of the human probiotic infusion itself are small. These can occur between 3 hours and 2 weeks after the procedure. They include diarrhoea, abdominal cramps, nausea and belching. During follow up, some patients who have had this done before have reported constipation.

What happens before the procedure?

Before the procedure is carried out, you will be asked to sign a consent form. If you are taking antibiotics for *Clostridium difficile* infection you will need to stop them the night before the procedure.

You will need to be nil-by-mouth, meaning you should have nothing to eat or drink six hours before the infusion is given.

What will happen on the day of the HPI procedure?

If you are not already an in-patient, you will receive an appointment advising you where to attend. You will be given the opportunity to ask any questions and the procedure will be reviewed with you.

You will be given 2 medicines in tablet form: a powerful antacid called Omeprazole, along with Domperidone which helps to reduce nausea but is being used for its effects on the movement of your stomach.

A nurse will then insert a thin tube (NG tube) down your nose and into your stomach and fix it to your face with tape. The nurse will test the position of the tube. Sometimes this test cannot be completed and, if there is any doubt, you will need to be taken to the X-ray Department for a chest X-ray to check the position before the procedure can proceed.

After the medication has been administered you will need to wait for two hours before the infusion can be administered. The infusion will be flushed, using a syringe, down the tube into your stomach by the nurse. This will be followed by another flush of salty water.

What will happen after the procedure?

When the procedure is complete, you will be offered a peppermint. You will be monitored for any adverse effects, then the nasogastric tube will be removed. If you are being treated as an outpatient, you will then be allowed home and are free to eat and drink from this time. For those who want it, a snack and a drink will be provided before you leave.

You should see an improvement in your symptoms within 1-3 days of the infusion. If your symptoms persist 21 days after the procedure, you have the option of having it repeated. In research studies where the initial cure rate has been 91%, a second infusion increased the cure rate to 98%. (ref: NICE IPG485). If your symptoms do not improve, you will be asked to contact the medical team on the number below to arrange to discuss your options.

The infusion you have received has been carefully screened and provided by the University of Birmingham, Microbiome Treatment Centre. As part of their quality control, we are obliged to share the details of your treatment: this will include how the infusion was carried out and the outcomes of your treatment. Your personal details are NOT shared.

Contact telephone numbers

Nutrition Nursing Team

01902 695336

Mon to Fri, 8:00am to 4:00pm

Infection Prevention Team

01902 695282

Mon to Fri, 9:00am to 5:00pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。