

The Dove Clinic for Integrated Medicine

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Recommendations for the FMT Programme

1. Don't eat a large meal immediately before your treatment, and don't come hungry, eat moderately so that you are neither hungry nor overfull. You don't need an empty stomach (as if you were having a colonoscopy), but we recommend for you just to eat lightly before your treatment.
2. Try not to drink too much fluid before you come, being slightly thirsty will help your body to hold and retain the fluid from the implant. This is only 50ml, so it is easy to retain.
3. Make sure you get lots of rest, and are as calm and relaxed as possible during your treatment programme.
4. Do not plan vigorous or hard exercise during the programme; take long, leisurely walks or Yoga or Pilates if that is your normal habit. If you go to the Gym do gentle exercises and Steam, Saunas and Swimming. The aim is not to stress the body, and not to stimulate peristaltic action of the bowel, particularly following the implant treatment. The aim is to keep the implant in the colon so that it can genuinely implant.
5. Do not eat or drink immediately after the treatment, as this will trigger the gastrocolic reflex and stimulate the bowel, and we are trying to enable you to retain the implant for as long as possible. Leave at least one hour after the treatment before you eat or drink.
6. Take Oxy-Klenz or some form of Stool Softener during your programme to keep the bowel content soft, which will allow the implant material to pass by, going deeper into the bowel. Hard or formed faeces can act like a cork and prevent the entry of the implant.

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