

Following questions answered <http://thepowerofpoop.com/epatients/fecal-transplant-faqs>

[What is Fecal Microbiota Transplant \(FMT\)?](#)

[What conditions does FMT treat?](#)

[What do doctors say about FMT?](#)

[What are the risks of FMT?](#)

[Where can my doctor find information about FMT?](#)

[Where can I find a health practitioner to help me with FMT?](#)

[How do I talk to my doctor about fecal transplant?](#)

[Where does my doctor find the billing code for FMT and donor testing in the US?](#)

[What experiences have patients had with FMT?](#)

[What side-effects can I expect after FMT?](#)

[I heard that fecal microbiota / poop pills are now being sold commercially. Where can I get them?](#)

[Are some donors better than others?](#)

[I want to do FMT. I am sick and overwhelmed. Where do I start?](#)

[How do I decide if FMT is for me?](#)

[Does FMT work for everyone?](#)

[Where do doctors source the stool for FMT?](#)

[What is SIBO?](#)

[How should I prepare for FMT?](#)

[Should I take anti-biotics before FMT?](#)

[Should I do a lavage \(wash out\) before FMT?](#)

[What do I eat before/after FMT?](#)

[Will I experience Die-off with FMT?](#)

[I have IBD. Can I do FMT while flaring?](#)

[How long do I need to do FMT?](#)

[How long does FMT take to work?](#)

[How soon can I wean off my IBD meds after FMT?](#)

[What if I have no reaction to FMT?](#)

[How do I repair my gut wall after FMT?"](#)

[Should I take pro-biotics or pre-biotics with FMT?](#)

[If I absolutely must take antibiotics after FMT, which are the most/least harmful to my microbiota?](#)

[Where do I find Briggs Protocol for UC?](#)

[Is there a non-profit doing research on FMT that I can donate to?](#)

[How can I support this website?](#)

## DIY

[I can't afford to have donor tests done. What should I do?](#)  
[Where do I find the DIY Instructions to do fecal microbiota transplant at home?](#)  
[How much should I pay a donor?](#)  
[Do you have a liability agreement that can be used with a donor?](#)  
[How do I DIY fecal transplant at home?](#)  
[How does my donor collect the stool sample?](#)  
[How long can stool be kept before using?](#)  
[Which is better, distilled water or saline?](#)  
[Where do I buy the equipment for DIY FMT?](#)  
[How do you preserve the potency of the microbiota?](#)  
[Which is better, enema bag or enema bottle?](#)  
[How do I keep a re-useable enema bag / bottle / bucket clean?](#)  
[How far in should the enema nozzle go?](#)  
[How do I deal with the Ick-Factor?](#)  
[I have food intolerances. Am I likely to react to my donor' food?](#)  
[How much stool / water should I use?](#)  
[I can't hold in the FMT. What should I do?](#)  
[What is the best way to do 'top down' FMT?](#)  
[How do I make FMT capsules?"](#)  
[How do I freeze / thaw FMT?](#)  
[How much difference is there between fresh and frozen FMT?](#)  
[Can I use dry ice to freeze the FMT?](#)  
[Can I ship frozen FMT?](#)

## Donor choice

[How do I register as a donor?](#)  
[How do I choose a healthy donor?](#)  
[What tests should my donor have?](#)  
[What are fecal diversity tests, where can I get them done, and how do I interpret them?](#)  
[Are there compatibility issues with Donors?](#)  
[Do men or women make better donors?](#)  
[Is donor compatibility linked to bloodtype?](#)  
[Can I use a pregnant donor or one using birth control?](#)  
[Does donor age matter?](#)  
[What should healthy poop look like?](#)

What conditions does FMT treat

[Will fecal transplant help my Clostridium difficile](#)

[Will fecal transplant help my Ulcerative Colitis / Crohns Disease](#)

[Will fecal transplant help my candida/streptococcus/other overgrowth?](#)

[Will fecal transplant help SIBO?](#)

[Will fecal transplant help my food intolerances?](#)

[Will fecal transplant help my autoimmune illness?](#)

[Will fecal transplant help autism/anxiety/mental illness/brain-fog?](#)

[Will fecal transplant help my Mutiple Sclerosis / Parkinsons Disease?](#)