

FMT

Home Fecal Microbiota Transplant Resources

This document includes a carefully curated list of products and tools that we trust to support the FMT process. Each item has been selected based on quality, effectiveness, and alignment with current best practices. These resources are intended to help make the preparation and procedure as smooth, safe, and supported as possible.

Some of the links in this document are affiliate links, which means we may earn a small commission if you choose to purchase through them. This comes at **no extra cost to you**, and helps us continue offering accessible, evidence-informed resources. Thank you for your support!

- The Foundational Medicine Team

Collection:

[Stool Collection Cap](#)

[Cling Wrap](#)

Preparation:

[BLACK+DECKER PowerCrush Countertop Blender](#)

[OXO Fine Mesh Cocktail Strainer](#)

[Digital Food Scale \(for weighing stool\)](#)

[Graduated Cylinder \(for measuring water\)](#)

[Quart Size Container/Pitcher](#)

[Slotted Spoons](#)

[Distilled Water](#)

Enema Options:

[Fleet Laxatives, 4.5 fl oz, 6 pack](#)

[Fleet Laxatives, 7.8 Fl Oz, 6 pack \(Extra Volume\)](#)

[Fleet Enema Children, 2.25 Fl Oz \(Pack of 6\)](#)

[Fleet Laxatives, 4.5 fl oz, 48 Pack](#)

Paper Towels, Cleaning Supplies:

[Paper Towels](#)

[Medium Gloves](#)

[Large Gloves](#)

[Clorox Healthcare Bleach Germicidal Cleaner Spray, 32 Fluid Ounces](#)

Large Volume Enema Kit (Options):

[Option 1 - Reusable](#)

[Option 2 - Reusable](#)

[Single Use Option](#)

Apple Pectin:

[PectaSol Modified Citrus Pectin – 454g Powder](#)

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