**FMT Home Infusion Instructions**

1. The Infusion container must be kept frozen until ready to use.

2. Take (1) infusion container out of the freezer and put on counter.

3. You want to thaw it to room temperature/slightly cool. (About 2-4 hours) or you can set it in warm water (not HOT) to help thaw it (About 1 hour). Please stir or shake the infusion to make sure it is mixed. **Once the infusion is thawed you must use it immediately.**

4. Once it is thawed insert catheter into the rectum (you can prepare the entry with a little lubricant)

5. Using the feeding syringe filled with the infusion gently push the infusion solution through the catheter.

6. Hold catheter upright if you need to fill up feeding syringe again.

7. Leave the catheter and feed syringe connected when removing from the rectum.

8. After infusing all the solution lay on your left side for 5 minutes, than on your back for 15 minutes and finally 5 minutes on your right side