

The Clinical Application of Fecal Microbiota Transplants (FMT)

Hao-Tsai Cheng

Attending physician New Taipei Municipal Tucheng Hospital/Linkou Chang Gung Memorial Hospital, Division of Gastroenterology and Hepatology, Department of Internal Medicine

Fecal microbiota transplantation (FMT) is to deliver microbiota from feces of healthy donors to patients to treat gut dysbiosis related diseases. FMT has been used to treat human diseases for over a thousand years. Since FMT was recommended as the optional treatment for recurrent or refractory *C. difficile* infection (rCDI) in 2013 in the United States, a series of guidelines and consensuses focusing on FMT have been published to move FMT forward in the treatment of adults and children. Increasing use of FMT in various indications have been reported, though the clinical findings from different reports based on different FMT-related methods vary a lot among those indications beyond CDI, including ulcerative colitis, Crohn's disease, hepatic encephalopathy, immune checkpoint inhibitor-associated colitis and steroid-resistant acute graft-versus-host disease of the gut. The treatment technique is to implant the intestinal flora of healthy donors into the patient's intestinal system by enema, endoscopy or oral capsules to restore the balance of intestinal colonies and achieve the therapeutic effect. The current open administration is applicable to patients with *C. difficile* infection that is repetitive or ineffective with conventional treatment. Medical centers or regional hospitals with teaching hospital qualifications, qualified operating personnel and facilities, and qualified equipment can implement FMT after applying for approval and registration with the municipal, county (city) competent authority.



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Along with the growing knowledge of the relationship between the intestinal microecology and human health, and the development of the experimental technology such as macro genome sequencing, FMT is more and more used in clinical treatment. This review will discuss the application of FMT in the treatment of human disease.

