

THE HSCT-BIOME STUDY

A new study aiming to alleviate gut side effects caused by chemotherapy in people with blood cancer.



GOAL OF THE STUDY

The drugs used to treat blood cancer are very damaging to the gut (intestines) and the bacteria that live inside. These changes can cause a range of nasty side effects like diarrhea, pain and infection, and can make absorbing vital nutrients very difficult. [These side effects cause physical and emotional distress, something that people with blood cancer should not have to deal with during their treatment.](#)

The HSCT-BIOME Study hopes to alleviate these side effects by replenishing the good bacteria in your gut using faecal microbiota transplantation (FMT). In this study, FMT is prepared in [capsules](#), similar to a probiotic.

Our goal is to support gut health and help people with blood cancer achieve the best possible quality of life.

AM I ELIGIBLE?

This study is open to people with blood cancer who have been scheduled to undergo stem cell transplantation.

If your doctor has given you this flyer, it is likely that you are eligible to participate in the study. If you are interested in participating, you will be asked a few additional questions to rule out any other conditions such as Inflammatory Bowel Disease.

WHO IS RUNNING THIS STUDY?

The HSCT-BIOME Study is being led by researchers from the Supportive Oncology Research Group (The University of Adelaide) and doctors at the Royal Adelaide Hospital, in collaboration with our industry partner, BiomeBank.

It has been funded by the Hospital Research Foundation Group, developed in collaboration with stem cell transplant survivors, nurses and carers, and has been approved by the CALHN Human Research Ethics Committee.

WHAT'S INVOLVED?

- If you are eligible and agree to participate, you will be asked to take two courses of the FMT capsules (before and after stem cell transplantation)
- The FMT does not require any invasive procedure, it comes as a capsule which is taken with water
- The FMT contains bacteria isolated from healthy stool samples which are processed in the lab before being put into the capsules
- To understand how the FMT affects your gut health, we will ask that you donate some blood, saliva and stool samples
- To help us monitor the number and types of side effects you experience as a result of your cancer treatment, we will perform a few interviews either when you are in hospital or over the phone
- No other aspects of your care will change as a result of participating in the study



HSCT-BIOME
STUDY

FAQs about encapsulated FMT

What's inside the FMT capsule? Is it poo?

FMT is made from healthy poo, yes, but it is **not fresh poo inside the capsules**.

To make the FMT, poo is mixed with saline and filtered to remove large particles. It is frozen and dried, before being turned into a powder. The powder is put inside the capsule, along with some fibre to help the bacteria grow when they reach your intestines.



Do the capsules smell or taste bad?

No. Because the bacteria have been cleaned and frozen, the capsules do not have any smell or taste. The capsules are made of a special plastic that protects the bacteria from acid in your stomach.

There are **two layers in each capsule**, providing extra protection between you and the bacteria.

How big are the capsules? How many do I take?

Each capsule is 2.4 cm long which is about the **same size as a vitamin pill**. You will take a maximum of 6 capsules a day for 1-2 weeks. You can take them all at once, or throughout the day. Whatever you find easiest.

Whose poo is used to make the capsules?

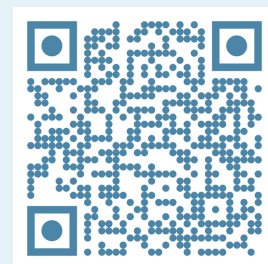
Healthy volunteers from the community generously donate poo for the production of FMT. These people undergo strict screening and their poo is tested to make sure it is safe.

If you are interested in participating or learning more, please contact the HSCT Biome Study Lead:

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To learn more about gut bacteria (the “gut microbiome”) and how FMT is made, please scan the QR code below.



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THIS STUDY HAS BEEN APPROVED BY THE CENTRAL ADELAIDE LOCAL HEALTH NETWORK (CALHN) HUMAN RESEARCH ETHICS COMMITTEE.