

PRESS RELEASE

For Immediate Publication

Fortis Memorial Research Institute Case Studies

Endorse Stool Transplantation as an unusual Treatment for Colitis

12 June 2016, Gurgaon: Stool transplant is an unusual but potentially beneficial treatment for serious intestinal ailments as per a continuous series of studies conducted by Fortis Memorial Research Institute (FMRI). The first successful stool transplant in India was carried out at FMRI in 2014 on a 44-year old male, Mr Manas Shukla who had been suffering from Ulcerative Colitis since 11 years. Following informed consent and approval from Institutional Ethical Committee, he underwent three sessions of stool transplant through colonoscopy. The donor was a 34-year healthy relative. There was marked improvement in the diarrhea with no passage of blood in stool and the colon returned to normal at colonoscopy after 4 months. Following another session of stool transplant at 14 months, he remains free from symptoms now. Most remarkably, for the first time in 12 years, he is off toxic medication such as steroids and Azathioprine (immuno-suppressant).

Dr. Avnish Seth, Director of Gastroenterology & Hepatobiliary Sciences at Fortis Memorial Research Institute, Gurgaon has the credit of pioneering stool transplant in the country. He added, “Fecal Microbiota Transplant (FMT) also known as stool transplant is the process of transplantation of fecal bacteria from a healthy individual to a recipient. We are delighted with the results of the recent 10 stool transplant cases that FMRI has conducted free of cost. Six of them have responded well and are leading a normal life with no symptoms, no strong medication and their colonoscopy is normal”.

Dr. Seth further adds, “Unlike the trials in US, Europe and Australia, where donor stool is processed in the hospital at considerable cost, we have devised a ‘Do It At Home’ kit for preparation of stool. We have also used a new technique of deep instillation of stool in the colon by using a colonoscope as compared to use of rectal enema or naso-duodenal tube reported in recent trials. No adverse effects have been noted so far. We are continuing our study on patients with Ulcerative Colitis and have also another one on patients with Irritable Bowel Syndrome.

Mr Manas Shukla shares, “As the first person in India to have undergone FMT, I am grateful to Dr Avnish Seth and his excellent team for their open-minded and radical approach. Dr Seth is literally a God-sent to me. I feel on top-of-the-world now, and am not having any steroids or relapses. I have no words to thank the team at Fortis.”

Mr Rahul Agarwal, another patient who recently underwent the stool transplant procedure shares, “I was diagnosed with ulcerative colitis in 2006 and used to have a relapse almost every year. I had no choice but to take strong steroids which had several side effects. Then Dr Avnish Seth at Fortis offered me a solution through the breakthrough procedure of stool transplant in 2015. I underwent a total of four transplant procedures in the last one year – initially the donor was my wife and later, a friend. I am feeling absolutely fit now, sans any steroids or visible symptoms. I hope to be completely cured in the next few months”.

Probiotics are commonly being used to restore the balance in favor of the good bacteria, but if use of probiotics is like firing a single shot, stool transplantation is like dropping a nuclear bomb. FMT has the potential to become a low cost, readily accessible and safe mainstream treatment option for patients with diseases of the intestine, such as Colitis and Irritable Bowel Syndrome.”

Even as several studies are required before FMT is accepted as a standard of care in patients with Ulcerative Colitis, the procedure of stool transplant has provided a ray of hope to thousands of patients with advance disease who are headed for colectomy or medications called Biologicals which are very expensive and have several serious adverse effects. “Till the availability of further data, FMT should be performed only as a part of approved clinical trials” Dr. Seth added.

About Fortis Memorial Research Institute

Fortis Memorial Research Institute is the flagship hospital of Fortis Healthcare Limited. It is a multi-super speciality, quaternary care hospital with a comprehensive team of clinicians and patient care programmes, supported by advanced technology and medical research solutions. Set on a spacious campus with a potential bed capacity of 1,000 beds, this ultra-modern facility utilises and showcases some of the latest technologies in use in world class health care. Some of the milestone technologies at the hospital include amongst the first pilot project for precision Radio-surgery in the world, integrated operating and procedure rooms, digitized critical care cubicles, advanced Cath-labs, transplant rooms, endoscopy suites, private birthing centres, a state-of-the-art radiation wing and a stem cell lab to name a few facilities. A range of thoughtful services and health facilities for patients and their attending family include several Art ‘n’ Health programmes to recuperate, a mini theatre to de-stress, retail therapy outlets for immediate needs and a food court providing a choice of dining options to replenish energies.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 314 diagnostic centres.

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