Add-Back Timeline After FMT or VOWST

Time After FMT (Phase)	Focus	Add-Back Supplements	Typical Approach and Timing
Days 1–7 (Engraftment)	Donor microbes attach and establish	NONE; Avoid probiotics, antimicrobials, and binders	Let new bacteria colonize; focus on hydration and gentle foods
Weeks 2–3 (Early recovery)	Support immune system; targeted toxin clearance	IgG binders (narrow spectrum) such as Mega IgG2000	Often added once bowel movements stabilize; start low dose
Weeks 3–5 (Recolonization)	Reinforce microbiome diversity	Bacillus and/or Saccharomyces boulardii (Sac. b.) probiotics	Introduce one at a time, 2–3 days apart, starting with low doses
Weeks 5–8 (Maintenance)	Broad toxin clearance	Broad toxin binders (GI Detox+, charcoal, zeolite)	Add after probiotics are tolerated; separate 1–2 h from other products
Weeks 6–10+ (Maintenance contin.)	Target persistent imbalances or overgrowths	Antibacterial remedies (Biocidin, Olivirex)	Introduce after gut feels stable; monitor tolerance closely
Month 3 + (Maintenance contin.)	Maintain balance and prevent relapse	Continue probiotics + binders as needed; add fermented foods	Adjust frequency of use and dosage based on response

Educational reference only — not medical advice. Individual needs and supplement and food add-back timing vary. Always discuss the timing of probiotics, binders, fermented foods and supplements after an FMT or VOWST with your prescribing doctor or healthcare provider.

Based on current literature — including studies by Allegretti et al. (2021), Suez et al. (2018), and Kelly et al. (2021) — most integrative and microbiome-focused clinicians delay probiotics and antimicrobials until after the initial FMT engraftment phase, allowing time to stabilize FMT.

Looking for natural support after antibiotics or FMT?

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Learn More About FMT & Gut Recovery

Watch the full video:
VOWST & Probiotics Together: Is It Safe?
https://youtu.be/RiX3GNJouyY

For more information on FMT, visit:
www.c-difficile-treatment.com/posts/vowst-probiotics-after-fmt-safe-timing

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