



MAST Frequently Asked Questions (FAQs)

1. Is IMT Safe?

Yes, IMT is very safe and has been used by thousands of people worldwide, including those with blood cancers. We carefully screen all the material to ensure it only contains good bacteria. Your safety is our top priority, and our team will monitor you closely throughout the study.

2. What is it like to take these capsules?

The capsules are small, each about the size of a pound coin. They have no smell or taste and are easy to swallow. You will be given water to help you take them, one at a time. In total, you'll need to take 10 capsules.



3. Will this study affect my blood cancer treatment?

No, it won't. You'll continue your usual treatment as planned by your Haematology Team. The capsules are an extra step to potentially help improve your gut health.



4. How many times will I take the capsules, and how will I feel afterwards?

You'll take the capsules just once, about 12–16 days before your transplant. Most people don't feel any different, but some may have mild stomach symptoms like gas or cramps for a day. These go away quickly on their own.

5. Do I need to change my diet?

No special diet is needed. You might need to fast for a short time before and after taking the capsules. Otherwise, we just recommend eating a healthy, balanced diet.

6. How could this study help future patients?

We hope to show that IMT improves gut health, reduces infections, and helps patients recover better after a stem cell transplant. If successful, this could become a standard part of care for blood cancer patients.

Where can I find out more information?

- More information on IMT/ FMT from Guts UK (<https://bit.ly/3ZpTWVb>)
- More information on the role of gut bacteria in health and disease, from Guts UK (<https://bit.ly/41rKG5M>)

You can contact the doctor or nurse at your Haematology Centre who would have mentioned the study to you in the first place. You can also contact our main trial co-ordinator via: mast-trial@imperial.ac.uk, who will be happy to answer any questions you may have or direct you to the most knowledgeable person.

For Patients already in the trial – you can find out more about how to collect your stool (poo) samples during the study here:

<https://bit.ly/3BleeqU>