

# Stool transplantation for treatment of insulin resistance in morbidly obese patients

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 11/07/2016	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 16/06/2023	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

More and more people in Canada and around the world are severely (morbidly) obese (very overweight), and those people are at high risk of not being able to control their blood sugar levels very well (insulin resistance (IR)) and also of developing diabetes. Most morbidly obese people cannot lose weight. Weight loss surgery (bariatric surgery) can help, but it has some risks and is not available to all patients. Therefore, alternative treatments are needed. Gut flora refers to the microorganisms that live in the digestive tract with the relationship between the multitude of bacteria in the gut and their human host beneficial to both parties. An altered composition of the gut bacteria (that is, a change in the type and number of bacteria present) might contribute to obesity and IR. Several animal studies show that giving stool from lean mice or humans to obese mice (stool transplant) can make the obese animals lose weight and improve IR. One human study has confirmed this. This study is looking at whether stool transplant from healthy lean people will improve blood sugar control, weight, and other obesity related problems in morbidly obese patients with IR.

### Who can participate?

Morbidly obese patients, age 18 years and older, referred to the Toronto Western Hospital Bariatric Surgery Clinic, Toronto, Canada, for weight loss surgery but decided not to go ahead with it. Healthy lean volunteers are also recruited as stool donors.

### What does the study involve?

Participants are randomly allocated to one of two groups. Those in group 1 receive a stool transplant from a healthy lean donor (treatment group). Those in group 2 receive a stool transplant prepared from the participants own stool (placebo, or control, group) After the stool transplant, participants come back to the hospital after 1 and after 3 months when they are tested for insulin resistance and other blood work, weight, appetite and food intake, quality of life, depression, and anxiety, gut bacteria and bacterial products in stool and blood, and the bacteria found in the mouth. In addition, before the stool transplant, the bacteria attached to the gut wall will be compared to those found in stool. Participants are asked to give blood, stool, and scrape samples from teeth and tongue, and to fill out questionnaires at each visit. The stool transplant is done through a tube that the doctor inserts into the rectum (colonoscopy). During the procedure, a small piece of the gut wall is collected as well. Stool donors are carefully

screened to make sure they do not have any disease they might pass on to the patients who will receive their stool. Each donor gives blood, stool, and urine samples for screening and 3 to 5 stool samples for the study.

What are the possible benefits and risks of participating?

It is not yet known whether the stool transplant works, but if it does, it is possible that blood sugar control will improve. Participants may also lose weight and depression and anxiety may improve.

Stool transplants have been described in the literature in over 1000 patients, mostly for treatment of severe diarrhoea due to a gut infection. From these reports, it is known that about 1/3 of the patients will have minor gastrointestinal problems like bloating, abdominal pain, diarrhoea, constipation, nausea; or fever, but they usually go away within 2 days. More serious problems are rare (less than 1% of patients), including heart and lung problems, strong bleeding, infections, or a hole (perforation) of the bowel.

Where is the study run from?

University Health Network in Toronto, Ontario (Canada)

When is study starting and how long is it expected to run for?

July 2016 to July 2021

Who is funding the study?

Canadian Institutes for Health Research.

Who is the main contact?

1. Professor Johane Allard (scientific)

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2. Dr Katherine Schwenger (public)

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## Contact information

### Type(s)

Scientific

### Contact name

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**Additional identifiers**

**Clinical Trials Information System (CTIS)**

Nil known

**ClinicalTrials.gov (NCT)**

NCT02970877

**Protocol serial number**

16-5475

**Study information**

**Scientific Title**

Fecal microbiota transplant from healthy lean donors to morbidly obese individuals: effect on insulin resistance and other obesity-related parameters. A randomized controlled trial.

**Acronym**

Fecal transplant bariatric

**Study objectives**

Main hypothesis:

Fecal microbiota transplant (FMT) from healthy lean donors to morbidly obese individuals with insulin resistance (IR) (homeostasis model of assessment for IR, HOMA-IR more than 2.73) will improve HOMA-IR

Secondary hypotheses:

1. FMT will also reduce weight, appetite, and food intake
2. FMT will improve quality of life, depression and anxiety scores
3. FMT will change IM as well as fecal and serum metabolome
4. Improvement in clinical parameters (IR, weight, appetite, mood scores) are associated with specific changes in IM or metabolites (eg. short-chain fatty acids)
5. Exploratory: Explore changes in OM and potential associations between OM and IM and their potential relationships with obesity/metabolic parameters

6. Baseline: Comparing luminal (fecal) with mucosa-adherent microbiome and examine their potential relationships with obesity/metabolic parameters

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

University Health Network Research Ethics Board, 11/01/2017, ref: 16-5475-A

**Study design**

Single-center Phase II double-blind parallel-group randomized controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Morbid obesity and insulin resistance

**Interventions**

Morbidly obese participants will receive one single dose of fecal filtrate prepared from feces of healthy lean pre-screened donors (allogenic FMT = treatment arm) or prepared from their own feces (autologous FMT = control arm, placebo arm) per colonoscopy.

Patients will be followed for 3 months post FMT.

Patients will be allocated to allogenic or autologous FMT by randomization with a 1:1 chance to be allocated to either group. As diet can influence the IM composition (131, 132), all patients will receive a brief initial counselling on a healthy diet, where they will be provided with basic advice for a healthy diet and appropriate physical activity.

**Intervention Type**

Biological/Vaccine

**Phase**

Phase II

**Drug/device/biological/vaccine name(s)**

Fecal microbiota transplant

**Primary outcome(s)**

Insulin resistance, measured using the homeostasis model of assessment for insulin resistance (HOMA-IR) at baseline and 1 and 3 months after FMT

**Key secondary outcome(s)**

1. Weight (in kg) and body mass index (weight kg / height m<sup>2</sup>) measured with a scale at baseline and 1 and 3 months after FMT
2. Change in body weight (% change) between baseline and 1 and 3 months after FMT
3. Appetite score, assessed with a visual analogue rating scale at baseline, 1, and 3 months after

FMT

4. Quality of life, measured using the RAND 36-Item Health Survey 1.0 at baseline and 1 and 3 months after FMT

5. Anxiety and depression scores, measured using the Hamilton Anxiety Rating Scale and the Montgomery-Åsberg Depression Rating Scale, respectively, at baseline and 3 months after FMT

**Completion date**

01/07/2021

## Eligibility

**Key inclusion criteria**

1. Morbidly obese men and women, age 18 years or older, fulfilling the 1991 NIH criteria (BMI >40 kg/m<sup>2</sup> or BMI >35–40 kg/m<sup>2</sup> with other severe weight loss responsive comorbidities)
2. Referred to the Bariatric Clinic at the Toronto Western Hospital for weight loss surgery, but declining or deferring the surgery
3. Insulin resistant, which is defined as having a HOMA-IR value >2.73

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Total final enrolment**

28

**Key exclusion criteria**

1. Regular intake of: non-steroidal anti-inflammatory drugs; iron supplements; prebiotics or probiotics from other than food sources, antibiotics, or any experimental drug in the 3 months prior to study entry
2. Type 1 or type 2 diabetes
3. Chronic gastrointestinal diseases
4. Previous gastrointestinal surgery modifying the anatomy
5. Smoking
6. Pregnancy
7. Breastfeeding

**Date of first enrolment**

01/03/2017

**Date of final enrolment**

31/10/2020

## Locations

**Countries of recruitment**

Canada

**Study participating centre****University Health Network**

200 Elizabeth Street

Toronto, ON

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## Sponsor information

**Organisation**

University Health Network

**ROR**

<https://ror.org/042xt5161>

## Funder(s)

**Funder type**

Government

**Funder Name**

Canadian Institutes of Health Research

**Alternative Name(s)**

Instituts de Recherche en Santé du Canada, The Canadian Institutes of Health Research (CIHR), Canadian Institutes of Health Research (CIHR), Canadian Institutes of Health Research | Ottawa ON, CIHR - Welcome to the Canadian Institutes of Health Research, CIHR, IRSC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

## Location

Canada

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study during this study will be included in the subsequent results publication.

## IPD sharing plan summary

Other

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	14/10/2022	16/06/2023	Yes	No