

Clostridioides (Clostridium) difficile Infection

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please speak to a member of staff who can arrange it for you.**

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لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

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إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Clostridioides difficile Infection

What is Clostridioides difficile?

Clostridioides difficile or C. diff (formerly known as Clostridium difficile) is a type of bacteria that can cause diarrhoea. It can be found in the bowel (gut) of up to 3% of healthy adults and 66% of babies. After taking antibiotics, the normal balance of bacteria in the gut is disturbed and C difficile can grow and cause symptoms. It can usually be treated with a different type of antibiotic. However, diarrhoea is a common side effect of antibiotics and is not always due to C difficile. If C difficile infection is suspected, a diarrhoea sample will be sent to the laboratory for testing.

Who is at risk?

You are more likely to get a C. diff infection if:

- you are over 65 years
- you are taking, or have recently taken, antibiotics
- you are staying in hospital or a care home for a long time
- you have a weakened immune system – for example, from having a long-term condition like diabetes or kidney failure, or treatment like chemotherapy,
- you are taking a proton pump inhibitor (PPI), such as omeprazole, or other medicines that reduce stomach acid
- You have had a C. diff infection in the past

Symptoms include:

- Diarrhoea
- Stomach ache
- A high temperature
- Loss of appetite and feeling sick

Treatment:

- Your doctor will review any antibiotics you are on and start antibiotics to treat C difficile.
- You will need to have extra fluids to restore the water lost in diarrhoea. You may be able to take this by mouth or you may need to have a drip put into a vein.

Your symptoms should improve a few days after starting the new course of antibiotics. But it may be 1 to 2 weeks before the infection clears up completely. Tell the staff looking after you in hospital or your GP if your symptoms get worse, you feel very unwell after starting the antibiotics, or your symptoms come back afterwards. You should let nursing staff know each time you go to the toilet to have your bowels open so they can monitor you closely.

Preventing the spread of infection

The best way to stop the bacteria from spreading is by hand washing with soap and water . Alcohol gel is less effective for C difficile. This is most important after using the toilet and before you eat. If you cannot wash your hands the nurse looking after you should assist you.

If you are in a bay, you will need to be moved to a single room. Staff will wear apron and gloves when they come into your room or provide care to you.

Should you be readmitted to hospital you will be nursed in a side room in case you develop further episodes of diarrhoea.

Can I have visitors?

Yes, you can. Your visitors will need to wash their hands with soap and water when entering and leaving your room. They are not required to wear gloves and apron unless helping with your care needs. If your visitors are visiting other people in the hospital, please ask them to visit you last. C difficile does not generally cause problems in people who are not on antibiotics.

Laundry

Your laundry can be taken home and washed as normal. If your own clothing does become soiled it will be placed in a plastic bag in the locker to be taken by relatives and laundered.

Wash these clothes separately on the hottest wash suitable for the garment. Remember to wash your hands after handling soiled linen.

Discharge from hospital

Complete your course of C difficile treatment as directed by the hospital.

If you still have symptoms, such as diarrhoea;

Ensure that you drink enough fluids to avoid dehydration.

Wash your hands with soap and water often, particularly after using the toilet and when preparing food.

Clean household surfaces frequently using disinfectant.

Contact your GP if your symptoms do not go away, or they come back, even after treatment.

Further information

If you would like more information, ask your nurse to contact a member of the Infection Prevention Team.

[Clostridioides difficile \(C. diff\) - NHS](#)

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