

Department of Health (2009) Clostridium difficile infection: how to deal with the problem.

If you have any questions you want to ask, you can use this space below to remind you.

If you would like more information:

- Ask your hospital doctor or practice nurse
- Ask to speak to the hospital infection Prevention nurse or telephone 0161 922 6194
- Use the NHS Choices website www.nhs.uk

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

আপনি যদি এই তথ্য পড়তে বা বুঝতে না পারেন, তাহলে অনুগ্রহ করে এথনিক হেলথ টিমের সাথে টেলিফোনে যোগাযোগ করুন 0161 331 5149/5150 এই নাম্বারে, তখন তারা আপনাকে সাহায্য করতে পারবে।

જો આપે આ માહિતી વાંચી કે સમજી શકો છો તે સુધી સહી, સ્વસ્થતા કે હેલ્થ ટીમનો 0161 331 5149/5150 નંબર પર સંપર્ક સાધો તેઓ આપને જરૂર મદદ કરશે.

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Tameside and Glossop Integrated Care NHS Foundation Trust



Clostridium Difficile (CDT) Discharge from Hospital

This leaflet is intended for patients who have had *Clostridium difficile* infection while in hospital and are now going home. It also contains information for relatives and carers.

If you have been discharged from hospital because you are clinically well but are still on treatment for your *Clostridium difficile* infection, it is important that you follow the instructions given to you by your doctor.

Things you need to know

- There is a 20%-30% chance that the *Clostridium difficile* infection and the associated diarrhoea may return (termed a relapse).
- *Clostridium difficile* produces spores (which are structures in this bacterial germ that are resistant to antibiotics) that can survive for several weeks in the environment and on surfaces.
- Spores can be spread by the hands and can lead to infection by entering the body through the mouth.

It is important for everyone to wash their hands frequently with soap and water to minimize the risk of spreading infection.

- Your eating pattern does not need to change – just continue with a normal healthy diet. Probiotic drinks may be beneficial.
- Maintain good hand hygiene, by washing your hands with soap and water especially after visiting the toilet and before preparing and eating meals.
- You can return to work if you have been free from diarrhoea for 48 hours. Family members will not be a risk to you.
- Follow strict hand hygiene and practices. If you require antibiotics for any other illness, ensure that your doctor knows that you have had a *Clostridium difficile* infection. As a rule your doctor should only prescribe a short course of antibiotics usually of 3 days duration or less. Show your doctor the green *Clostridium difficile* Alert card

People in the following groups are more at risk of developing *Clostridium difficile*:

- Over 65 years old;
- Taking, or who have recently taken, antibiotics or other medication altering the normal bacteria in the gut;
- With a reduced resistance to infection generally;
- Who have spent a long time in a healthcare setting;
- With a serious underlying illness; and
- Who have had bowel surgery

A very small number of people suffer multiple relapses; further treatments must be discussed with your doctor, a further sample for *clostridium difficile* is not usually required.

If you develop diarrhea at home

- Contact your GP immediately and ensure that they are aware that you have previously been diagnosed as having *Clostridium difficile* infection.
- Do not take any medicines to stop the diarrhoea (anti-diarrhoeals) while you are suffering from *Clostridium difficile*, when advised to do so by your GP.
- Wash your hands frequently with soap and water.
- Soiled items should ideally be washed at 60°C, or as hot a wash as the fabric can withstand. Take care not to overload the machine so that the water can circulate freely, as this will help to rinse away any germs.
- Remember to wash your hands with soap and water after handling soiled items.
- In the event of heavy faecal soiling clean the excess faeces off soft furnishings with detergent and water and if necessary these can be steamed cleaned. For hard surface contamination a bleach product designed for hard surface disinfection can be used.
- If you use incontinence pads and they are heavily soiled and require disposal. Please contact your GP for advice.
- Hand hygiene with soap and water will break the chain of infection and helps to reduce the spread of infection.

If you have any questions you want to ask, you can use this space below to remind you.

Reference: Department of Health (2010). C.Difficile-now you are going home. www.dh.gov.uk/publications