

Tameside and Glossop Integrated Care

NHS Foundation Trust



Clostridium Difficile (CDT)

Patient Information Leaflet
Infection

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

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you. Further information can be found on the Trust public website <https://www.tamesidehospital.nhs.uk/patients/lips.htm>

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中
央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لیگو، ایئر پریشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل
بلک آفس سے پیر سے بعد 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Help us to help you It is important that we keep your records up-to-date. If the information about you is incorrect, we may be unable to contact you should we need to inform you about any changes to your appointment. Therefore, if you change your GP/Dentist, address or telephone number, please contact us as soon as possible. Please provide a mobile number where possible as we operate an appointment reminder service via text message.

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|---------------------|---------------------------|
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What is Clostridium difficile?

Clostridium difficile is a bacteria (germ) which is present as one of the 'normal' bacteria in the bowel of up to 3% of healthy adults.

Clostridium difficile infection is nearly always associated with, and can be triggered by the use of antibiotics. Antibiotics can disturb the balance of 'normal' bacteria in the bowel, which allows Clostridium difficile to multiply and cause diarrhoea.

What are the symptoms of Clostridium difficile diarrhoea?

- Some patients may not have any symptoms

However one or more of the following may be experienced:-

- Watery, foul smelling diarrhoea (which can be explosive)
 - Urgency in passing stool
 - Some patients experience abdominal pain (mild to severe)
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- In some patients the body temperature may be raised.

What is the treatment?

Once the diagnosis has been made your doctor will review your medication and make any necessary changes.

Often symptoms settle down quite quickly without any need for treatment. When your symptoms have settled down there may be a risk of symptoms returning (relapse) should the diarrhoea recur, please consult your nurse/doctor, further treatment may be required.

Preventing the spread of infection

Clostridium difficile can spread from person to person on contaminated hands and equipment, for example commodes and toilets. Washing your hands with soap and water after using the toilet / commode and before eating is essential in preventing the spread of this infection.

To prevent soiling to your own nightwear you may wish to wear hospital provided nightwear until your symptoms have eased.

If you are symptomatic with diarrhoea you should be isolated to a single bedded room.

Staff caring for you during this illness will wear protective clothing, for example disposable gloves and aprons when helping you to wash yourself, use the toilet / commode, change your clothing etc. This is to prevent the infection spreading to other people. Visitors are not required to wear protective clothing however must wash their hand with soap on water before leaving your room.

If you have soiled personal, clothing this should be placed in a dissolve sack for your family to take home. The sack and contents can be placed straight into the washing machine so family members do not touch the clothing and should be washed separately from other family clothing.

REFERENCE

Clostridium Difficile Infection: How to deal with the problem. Department of Health (2009)

If you would like more information

- Ask your hospital doctor or nurse
- Ask to speak to the Hospital Infection Prevention Nurse or telephone 0161 922 6194
- Use the NHS Choices website <https://www.nhs.uk/conditions/clostridium-difficile/>