

# Tameside and Glossop Integrated Care NHS Foundation Trust

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.

لیگوچ، انٹرپرائیٹن اینڈ پیسینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے میٹریم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے جمعہ 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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## Glutamate Dehydrogenase (GDH Positive) Patient Information Leaflet Infection Prevention

### What does GDH positive mean?

GDH is an enzyme if this is identified in your faeces it means you are colonised with the germ (bacteria) called Clostridium difficile.

The Department of Health recommends a two stage testing process.

Testing for GDH on stool specimens is an initial screening test to detect the presence of this chemical and if found, the result is termed 'GDH positive'. In addition, stool samples that are GDH positive are tested for other types of chemicals called toxins (Clostridium difficile toxins A and B).

Strains of Clostridium difficile which produce toxins A and B cause diarrhoea, whereas those which are only GDH positive may not cause diarrhoea to the same extent.

### **What does this mean for me?**

If you have a GDH positive result, this means that your large bowel is colonised with Clostridium difficile bacteria but that you do **not** have the infection.

This is confirmed by the second stage of testing showing that you do **not** have the toxins A and B and this means that you do **not** have Clostridium difficile infection but that you carry the Clostridium difficile bacteria (germ) in your bowel.

Clostridium difficile are bacteria (germs) which can be present as part of the 'normal' bacteria in the bowel of up to 3% of healthy adults.

### **What are the symptoms associated with a GDH positive result?**

The majority of patients do not have any symptoms.

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

- Watery, foul smelling diarrhoea (which can be explosive)
- Some patients experience abdominal pain (mild to severe)
- Some patients may get a temperature

### **What is the treatment?**

Once the diagnosis has been made your doctor will review your medication and make any necessary changes especially to any antibiotics you may be taking.

Often patients do not require treatment as they do not have any symptoms. You may be referred to a dietician to assess your nutritional intake.

If you develop symptoms then please inform your nurse/doctor.

### **Preventing the spread of the bacteria (germ)**

It is important to follow rigorous hand hygiene with **soap and water** especially after using the toilet/commode and before eating.

If you are identified as being GDH positive, you will be nursed in a single room for your stay in hospital.

Staff will wear protective equipment, including disposable gloves and aprons when helping you to wash yourself, use the toilet /commode, change your clothing etc. This is to prevent the bacteria (germ) spreading to other people.

One of the major adverse effects of antibiotic therapy is that it can cause the production of toxins by the Clostridium difficile bacteria (germ) in patients who are GDH positive, and for this reason doctors need to be extra vigilant when prescribing antibiotics. You can help with this by carrying the CDI (GDH) prevent card, and showing this to any health care provider you are in contact with.

### **Reference**

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/340851/Clostridium\\_difficile\\_infection\\_how\\_to\\_deal\\_wit  
h\\_the\\_problem.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/340851/Clostridium_difficile_infection_how_to_deal_with_the_problem.pdf)

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