

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
- <https://www.nhs.uk/conditions/giardiasis/> 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**.

لینگویج، انٹرنپریٹیشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بک آفس سے پیر سے جمعہ 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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Giardia Lamblia Patient Information Leaflet Infection Prevention Team©

What is giardiasis?

Giardiasis is a diarrhoea illness which is caused by a very small parasite called giardia.

Symptoms

The symptoms may vary, but may include the following:

- Diarrhoea, particularly with an offensive smell.
- Stomach Pains
- Loss of appetite; and occasional nausea.

Both People and animals can carry Giardia Lamblia without showing symptoms.

The incubation period is usually between 5 to 25 days

Whilst in hospital

Aprons and gloves will be worn by staff. If you are symptomatic with diarrhea you will be required to be nursed in a single room.

How to avoid spreading it?

Whilst at home wash your hands

It's important all household members wash their hands thoroughly with warm water and liquid soap, and dry thoroughly after the following:

- Using or cleaning the toilet
- Attending another person who has diarrhoea / vomiting.
- Handling laundry or changing nappies
- Eating or preparing food

It is important to also supervise young children when they are washing their hands, or help them to wash their hands.

If you have any soiled clothes, bedding or towels to make sure you wash them separately, on a hot cycle. Please make sure you do not overload the washing machine, and to keep the soiled washing separate from the rest of your washing.

If you are using a disinfectant or bleach, ensure that it conforms to a British standard and follow the manufacturer's instructions. Keep all chemical cleaning agents in a safe place away from children.

Where it is possible try not to prepare any food for your family or anyone else if you have diarrhoea, and to ensure each person affected within the household has their own towel for drying their hands.

Please be aware you are not to go swimming whilst you have symptoms.

How it's caught

- The most common source is by drinking water containing the parasite, or eating any food which has been washed within the same water.
- It can also be caught through person to person contact which can occur through contaminated unwashed hands.
- Giardiasis is commonly found in countries with poor sanitation.

What is the treatment?

Giardiasis is one of the few stomach bugs where antibiotics can help, which you can obtain from your GP. *Please make sure if you are suffering from diarrhoea to drink plenty of fluids.*

Do you need to stay off work or school?

If you are symptomatic it is important you do not mix with vulnerable groups, elderly, young and those who are immunocompromised.

You need to stay off work until you are completely free from any symptoms for 48 hours.

Children must stay off school or nursery until they have been symptom free for 48 hours and are fully recovered.

<https://www.nhs.uk/conditions/giardiasis/>