



What is clostridiodes difficile?

Clostridiodes difficile (C. diff) is a bacterium that can sometimes be found in the intestinal tract. About 3-5% of individuals carry it without any symptoms; this is known as colonization. In some individuals, C. diff may cause diarrhea or more serious infections such as colitis.

What are the symptoms of Clostridiodes difficile?

- Watery diarrhea, sometimes with blood, mucous, or pus
- Abdominal pain, tenderness, and cramping
- Fever
- Nausea
- Loss of appetite

Who is at risk of getting Clostridiodes difficile?

- Individuals who have prolonged hospital stays.
- Individuals who are seriously ill.
- Individuals who are immunosuppressed.
- Individuals who take proton pump inhibitors.
- Individuals who are elderly.
- Individuals with prolonged antibiotic use or previous c. diff infections.

How is Clostridiodes difficile spread?

- The C. diff bacteria is found in the stool of an individual who is infected or colonized with the bacteria. The bacteria can also survive on surfaces and objects for extended periods of time and can often be spread by the soiled hands of caregivers.

How is Clostridiodes difficile diagnosed?

- A stool sample will be sent to the laboratory for testing.
- It is important to advise your healthcare provider if you have been taking any antibiotics in the last few months.

How is Clostridiodes difficile treated?

- Any current antibiotics may be stopped.
- Special antibiotics will be prescribed; they must be taken as prescribed until they are finished.
- If the diarrhea does not stop, or comes back, see your healthcare provider.



- It is not advised to take anti-diarrheal medications. The C. diff bacteria must be excreted to prevent more severe damage to the bowel.

What to expect while in hospital with Clostridiodes difficile

- A sign will be posted on your door.
- You will need to stay in your room.
- Wash your hands carefully with soap and water after using the bathroom.
- If you are to leave your room, wash your hands with soap and water.
- Staff and visitors will wear gown/gloves when providing direct care.
- All staff and visitors must wash their hands with soap and water when they enter or leave your room.
- Items brought into your room must stay in the room; (i.e. commodes, wheelchairs, walkers, chairs, food, etc.)
- C. diff can live on objects in the room, so it is important to clean items before they are taken out of the room. A special cleaner will be used in your room.
- Isolation precautions may be stopped when you have been symptom-free for at least 48-hours (i.e., formed, or normal stool for you).

What to do at home

- Take all prescribed antibiotics until finished.
- Practice good handwashing especially after using the bathroom.
- Talk to your healthcare provider about cleaning requirements at home.
- Tell your healthcare provider you have had c. diff.

Alcohol-Based Hand Rub is not
effective against *C. diff*.

You **must** wash your hands with
soap and water!