

For further advice either speak to the nurse looking after you or contact
Infection Prevention and Control Team
on
01502 719 518

Compliments, comments, concerns or complaints

Patient Liaison -

may be the best starting point if you have a question or concern about the NHS. If you would like to find an NHS dentist, know where your nearest doctor is or talk through a problem you have had with a service, you can contact the PALS service.

To contact Patient Liaison Manager:
Call 01502 718666
Monday to Friday,
Email: ECCH.patientliaison@nhs.net
Or write to:
Patient Liaison Manager
ECCH
1 Common Lane North
Beccles, Suffolk NR34 9BN

If you would like this leaflet in large print, audio cassette, Braille or in a different language please contact Andrea Dawson on 01502 718600 or Email:ecch.enquiry@nhs.net

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su Andrea Dawson on 01502 718600 or Email:ecch.enquiry@nhs.net

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Se pretender uma cópia desta publicação no seu idioma, por favor contacte Andrea Dawson no número 01502 718600 Email:ecch.enquiry@nhs.net



What is GDH positive toxin negative Clostridium Difficile?

Patient information leaflet



Produced by East Coast Community Healthcare Infection,
Prevention and Control Team
Issued: November 2013

* **What is Clostridium difficile?**

Clostridium difficile (commonly called C.diff) is a bacteria present in the bowel of approximately 3% of healthy adults. It rarely causes problems as it is kept under control by the normal bacteria in the bowel. However, when antibiotics are given, the balance in the bowel can sometimes be disturbed, causing the C.diff to multiply rapidly.

* **What does a GDH positive result mean for me?**

GDH is an abbreviation for Glutamate dehydrogenase, which is a chemical found in C.diff.

If the result is GDH positive a second test is performed to look for toxins that are produced when C.diff is causing an infection.

If the second stage of testing shows you **do not** have the toxins present, this means you **do not** have a C.diff infection, but you carry the C.diff bacteria in your bowels.

* **What happens next?**

Once the GDH positive result is identified, your doctor will review your current medication and if necessary change it, especially if you are currently taking an antibiotic that may cause C.diff bacteria to start producing toxins.

The majority of patients **do not** require treatment due to a positive GDH result. However, if your symptoms are severe your doctor may decide to give you treatment.

It is important to drink plenty of water whilst you have diarrhoea to stop yourself becoming dehydrated!

Stop taking any anti-diarrhoea (antimotility) medication that you might have been prescribed.

* **Infection Control Precautions.**

Although you have not got a C.diff infection it is still possible for the bacteria present in your bowel to spread from person to person. This is because the bacteria can spread from your bowel into the environment, contaminating surfaces, equipment, bathrooms, toilets and showering facilities—this is more of a risk whilst you are suffering from diarrhoea.

* **Infection Control Precautions Continued .**

Healthcare workers will wash their hands after treating every patient affected with diarrhoea. To avoid the spread of infection staff caring for the patients will wear aprons and gloves.

You as the patient should wash your hands with liquid soap and water, •after using the toilet, •before preparing food, and •before eating.

In hospital patients who are GDH positive and have diarrhoea will be cared for in single rooms with either an en-suite or their own nominated toilet or commode.

* **How can my family and friends protect themselves when visiting?**

They must wash their hands every time they:

- Leave the single room
- Before preparing food.
- After using the toilet
- Before eating

They should not visit if they are feeling unwell or have recently had diarrhoea.

Avoid sitting on hospital beds when visiting .

Do not bring in food to eat whilst visiting.

Observe any restrictions that are in place as there help us to make sure the ward is thoroughly clean throughout the day.

* **What precautions are needed at home?**

Having a GDH positive result will not stop you from going home if you are well. It is important to tell your GP or healthcare provider of the GDH positive result when you see them in the future, especially if you require further antibiotic treatments.

* **Special precautions when you are at home.**

- Bathrooms, showers and toilets should be cleaned with a bleach based cleaner using disposable paper towels where possible .If not individual cloths should be used making sure a separate one is used for the toilet area.
- If possible do not leave toothbrushes, toothpaste and flannels, soap etc. near to a toilet.
- Clothes must be washed at as high a temperature as possible, according to the manufacturer instructions and either tumble dried or ironed, ideally separate to other family members clothing.

WASHING YOUR HANDS USING LIQUID SOAP & WATER IS EXTREMELY IMPORTANT. HAND SANITISER IS NOT EFFECTIVE AGAINST C.DIFF BACTERIA