

* What is Clostridium difficile?

Clostridium difficile (commonly called C.diff) is a bacteria present in the bowel of approximately 3% - 7% 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.

*Your result

If your test shows that you have the C.diff toxin gene detected by PCR (polymerase chain reaction) - your sample is **PCR positive, toxin negative**. This means you have C.diff in your bowel but do not have a C.diff infection.

* What does that mean for me?

The diarrhoea you are experiencing is probably due to other causes, such as antibiotics. Your doctor will review your medication and make any necessary changes as sometimes antibiotics can cause the C. diff bacteria to start producing toxins. The majority of patients do not need treatment if they have a PCR positive, toxin negative result. However, if your symptoms are very 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. 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 PCR 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 PCR 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 PCR 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 should 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

For further advice either speak to the nurse looking after you or contact
Infection Prevention and Control Team
on
01502 445361

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 Team:

Call 01502 445447

Monday to Friday,

Email: patientliason@ecchcic.nhs.uk

Or write to:

Patient Liaison Team

East Coast Community Healthcare

Hamilton House, Battery Green Road, Lowestoft, NR32 1DE

If you would like this leaflet in large print, audio cassette, Braille or in a different language please Email: comms@ecchcic.nhs.uk

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Bu yayinin kendi dilinizde bir nüshasını isterseniz, lütfen **Taylor-Jade Gardiner** on 01502 445445 Email: comms@ecchcic.nhs.uk

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What is Clostridium difficile toxin gene DETECTED by PCR?

Patient information leaflet



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