

# Clostridioides difficile (C. difficile)



Clostridioides difficile (C. difficile) is a

People who have had surgery on the stomach and/or bowel.

People being treated for cancer.

People taking Proton Pump Inhibitors (PPI), for example Omeprazole or Lansoprazole.

A stool specimen (sample of your diarrhoea) will be required. Your doctor or nurse will explain how this is to be obtained. The specimen will then be sent for analysis to confirm whether or not you have C. difficile infection.

Where possible, any antibiotics you are already taking will be stopped. The C. difficile symptoms may then subside without further treatment. However, you may be given an antibiotic specifically to treat the C. difficile infection. If so, the prescriber will instruct you on its use.

It is very important that you do not become dehydrated. You should therefore continue to drink plenty of fluids to reduce this risk.

Sometimes, additional treatments are required particularly if you have severe C. difficile infection.

When C. difficile causes diarrhoea, it can contaminate the environment, where spores survive for long periods. It can then be picked up on other people's hands, and can be transferred into the stomach and bowel via hand to mouth contact.

The most important method of preventing spread is to wash your hands carefully with soap and water after you've been to the toilet and also before eating.

Healthcare staff prevent the spread of infection by ensuring they wash their hands using soap and water, wearing gloves and aprons when giving care such as washing patients and when assisting patients who require the toilet.

It is important that everyone cleans their hands after having contact with you or your immediate environment. Please feel free to ask staff to provide you with hand washing facilities when you need them and also prompt them or anyone else





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