

If you prefer to launder your clothes using the laundry facilities on the ward then the same guidance applies.

Can I be discharged home with clostridium difficile?

Yes, the team will let you know if you need to continue treatment after you are discharged from hospital.

Can clostridium difficile come back?

Some people may experience a relapse of diarrhoea. Please contact your GP if you develop diarrhoea again if you are at home or the ward staff if you are in hospital.

Where can I get more information?

Any of the staff caring for you can answer any questions you may have. The Infection Prevention and Control team will also be supporting your care, and you can contact them too if you wish. You should have their number already, if not, please ask a member of staff or your GP.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિદ્યાર્થ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, 1829 Building, Liverpool Road, Chester, CH2 1HJ.

For more information see www.cwps.nhs.uk

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Clostridium Difficile Diarrhoea

A guide for service users, carers and visitors

What is Clostridium difficile?

Clostridium difficile (sometimes referred to as C.diff) is a type of bacterium that is present in the gut of some healthy adults and approximately 65% of infants.

Clostridium difficile rarely causes problems in children, or healthy adults as the normal bacteria in the intestine keep it under control.

What type of illness can it cause?

The symptoms of clostridium difficile can vary from nothing, to diarrhoea of differing severity and sometimes inflammation of the bowel.

Other symptoms may include abdominal pain, loss of appetite, nausea and very rarely a fever.

How can you catch it?

Clostridium difficile can cause illness when certain antibiotics disturb the balance of the “normal” bacteria in the gut.

It is possible that some person – to – person spread may occur, because those suffering from clostridium difficile associated diarrhoea can produce spores in their stools which can then survive in the environment e.g. in toilet areas and commodes. They can survive for a long time and be a source of infection for others. It is therefore important to keep your environment as clean as possible. In hospital, the staff will help with this.

How is the infection diagnosed?

A sample of diarrhoea is tested in the laboratory for the presence of clostridium difficile. This is the main diagnostic test and usually gives a result within one - two working days. Once a diagnosis has been confirmed repeat specimens need not be collected unless advised by the IPCT.

Who is most at risk?

Those who have recently taken antibiotics are at most risk of developing clostridium difficile. Some people with underlying illness can also be affected.

How will I be cared for if I develop clostridium difficile diarrhoea?

You may be asked to move either into a room on your own if you are in hospital.

You must make sure that you wash your hands well with soap and water (not hand sanitiser) before eating or drinking, and after you have used the toilet.

Healthcare staff will wear gloves and aprons when supporting you with any care needs. All staff will wash their hands after every care episode with you as this is good infection control practice, so do not be alarmed. Our staff are happy for you to remind them if they forget to wash their hands.

How is Clostridium difficile treated?

Usually a particular course of antibiotics will be prescribed by the doctors caring for you. It is important that you drink fluids regularly and maintain a good dietary intake.

Will any of my treatment be delayed?

If you are experiencing severe diarrhoea then non-urgent investigations may be delayed until your symptoms improve. Otherwise your planned treatment should continue.

Can I have visitors?

You may continue to have visitors, at home, and in hospital, as healthy people are at very little risk of acquiring clostridium difficile.

Your visitors will be encouraged to wash their hands on entering the ward and on leaving.

How will my room be cleaned?

In hospital we need to be able to clean your room and around your bed. We therefore ask that you try to keep personal belongings to a minimum to assist with this.

We also ask that you do not keep any food, including bowls of fruit in your room or near your bed as such items can easily be contaminated with clostridium difficile.

How should my clothes and bedding be washed?

Laundry can be washed as usual at the highest temperature the fabric will tolerate. Soiled laundry should be washed separately though. We also recommend clothes are tumble dried and/or steam ironed.