

What will happen when discharged from hospital?

At home, it's important for everyone to:

- Wash their hands with soap and water after using the bathroom and before eating.
- Take a shower every day and wear clean clothes.
- Remember that C. diff germs can't be killed by alcohol rub, so hands need to be washed with soap and water.
- Wash clothes or bed linens that have diarrhea on them separately in the washing machine with hot water, detergent, and bleach if possible.
- If you have diarrhea, use a bleach solution to clean the bathroom. Make sure to clean anything that's been touched with stool, like faucet handles and doorknobs.
- Clean and disinfect surfaces that are often touched in your home, such as faucet handles, toilet flushes, bedrails, and door knobs as often as you can



What's the correct way to wash my hands?

- Turn on water
- Apply soap
- Lather for 15 seconds rubbing all surfaces of hands and wrists
- Rinse under running water with fingers pointing down
- Pat dry with paper towel
- Turn off faucet with paper towel



Developed in collaboration with
patient and family partners.



This brochure provides basic general information only and is not a complete resource on c. Difficile. If you have questions, please ask your doctor, nurse, or local health unit.

Clostridioides Difficile (C. diff)



Patient Education



What is a C. diff infection?

Clostridioides difficile (C. diff) is a germ that usually lives in the stomach and intestines. It can make toxins that lead to diarrhea. While some people don't get sick from having C. diff, others can become very ill.

What are the symptoms?

- Watery diarrhea
- Abdominal pain/tenderness
- Fever
- Dehydration
- Loss of appetite
- Nausea

If you have symptoms of C. diff, your doctor will ask for a sample of your watery stool. The laboratory will test the stool to see if the C. diff toxins are present.

What increases your risk?

- Taking antibiotics
- Having surgery on your bowels
- Staying in a healthcare facility for a long time
- Having a serious illness like inflammatory bowel diseases
- Undergoing chemotherapy

Can it be spread?

C. diff is contagious. Being near people who have the illness or touching things contaminated by C. diff can spread it. Infection spreads when:

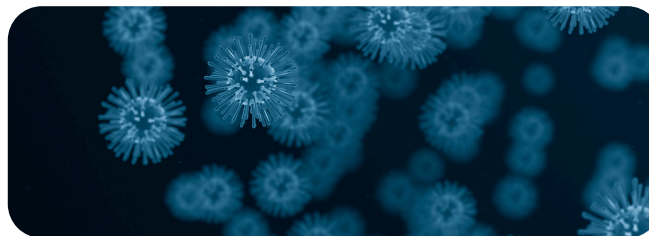
- We touch the germ on surfaces with our hands.
- The germ gets into our mouth from dirty hands, like when we eat or drink.

If antibiotics are used to treat an infection, C. diff in the intestines might grow more and cause symptoms.

Is there treatment?

Treatment depends on how sick you are. If your symptoms are mild, you might not need treatment. But if your illness is moderate or severe, you'll need antibiotics. Sometimes, you might need to take the treatment more than once or try a different medicine.

Staff will check if isolation precautions can be stopped after you've taken the medication and haven't had diarrhea for 48 hours.



What can you expect in hospital?

In the hospital, you'll be placed in a private room on contact precautions to stop C. diff from spreading.

The healthcare workers looking after you will wear a gown and gloves until you finish treatment and no longer have diarrhea. Wearing these helps keep their clothes and hands safe, reducing the spread of C. diff germs.

Everyone must wash their hands before coming into your room and when leaving.

What about family & visitors?

- You can have visitors, but we ask them to help reduce the spread of the bacteria by wearing gloves and a gown, and washing their hands.
- When they leave your room, they must take off their gown and gloves, even if they are coming back.
- Visitors should not touch anyone or anything in your room unless they have first washed their hands.
- Visitors must not use your bathroom or eat/drink in your room.