

C DIFF (*Clostridium Difficile*)

What is Clostridium Difficile Infection or CDI?

Clostridium Difficile or C. diff* [See-diff], is a germ that can cause diarrhea. Most cases of C. diff Infection (CDI) occur in patients taking antibiotics. The most common symptoms of CDI include:

- Watery stools
- Fever
- Loss of appetite
- Nausea
- Belly pain & tenderness.

Who is most likely to get CDI?

The elderly and people with certain medical conditions have the greatest chance of getting CDI. C. diff spores can live outside our bodies for a very long time on bed linens, bed rails, bathroom fixtures, and medical equipment.

C. diff can also spread from person-to-person on contaminated equipment and on the hands of doctors, nurses, other healthcare providers, patients and visitors.

Can my friends and family get CDI when they visit me?

CDI does not usually occur in persons who are not taking antibiotics.

Visitors are not likely to get CDI, however, to be safe they should clean their hands before they enter and leave a patient's room. Visitors should also wear protective gowns and gloves when they provide care to patients.

Can CDI be treated?

Yes, there are antibiotics to treat CDI.

In severe cases, a person might have surgery to remove the infected part of the intestine. Surgery occurs in only 1 or 2 out of every 100 persons with CDI.

C DIFF CLOSTRIDIUM DIFFICILE

Information for Patients and Family Members

RUNNYMEDE
HEALTHCARE CENTRE

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What does Runnymede Healthcare Centre (RHC) do to prevent CDI?

- RHC staff wash their hands before & after providing care to a patient.
- Hospital rooms & medical equipment are carefully cleaned on a regular basis.
- Antibiotics are given to patients only when necessary.
- RHC staff use contact precautions to prevent CDI from spreading to other patients. Whenever possible, patients with CDI have a single room, bedside commode or share a room only with someone else that also has CDI.
- Patients with CDI are asked to stay in their rooms as much as possible. They are also discouraged from going to common areas, such as the cafeteria.
- RHC staff will put on gloves & wear a gown while taking care of patients with CDI.
- Visitors may also be asked to wear a gown and gloves when visiting a patient with CDI.
- When leaving the room, staff and visitors remove their gown, gloves & clean their hands.



All RHC staff washes their hands before and after caring for every patient.

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What do I need to do when I go home from the hospital?

At home, you can return to your normal routine.

Often the diarrhea will be better to completely gone before you go home which makes the spread of infection much less likely to happen.

If you are given a prescription to treat CDI take the medicine exactly as prescribed by your physician or pharmacist. Do not take half-doses or stop before they run out.



Wash your hands often, especially after going to the bathroom and before preparing food. People who live with you should wash their hands often as well.

If you develop diarrhea after you get home, tell your doctor immediately. Your doctor may give you additional instructions.

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What can I do to help prevent C. diff infections?

Make sure that all doctors, nurses and other healthcare providers clean their hands before and after caring for you.

Clean your hands often, especially after using the bathroom and before eating.

Only take antibiotics as prescribed by your doctor. Be sure to clean your own hands often, especially after using the bathroom and before eating.

If you do not see your providers clean their hands, please ask them to do so.



For more information contact your Doctor or Nurse Infection Prevention and Control.