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*Information for You from Your Health Care Team*

## **Clostridium Difficile (C-diff)**

### **What is Clostridium difficile (C-diff)?**

Clostridium difficile (klo-STRID-ee-um dif-uh-SEEL) is a bacteria that can be found in the intestines of healthy people. Some people may be at risk for developing diarrhea from this bacteria.

### **Who is at risk for C.-diff diarrhea?**

- People who take antibiotics.
- People who have many admissions to the hospital.
- The elderly.

### **What can be done to prevent the spread of this bacteria to others?**

While you have diarrhea:

- You will be placed on Contact Precautions PLUS
- A yellow sign will be placed outside your room door to remind healthcare workers to wash their hands with soap and water. Healthcare workers need to use gloves and gowns to provide care for you.
- Your family and visitors need to wash their hands with soap and water. Family and visitors do not need to wear gloves or gowns, since they will not be caring for other patients.
- Your room will be cleaned daily using a bleach based disinfectant for the bathroom and other surfaces.
- The patient bathroom is not to be used by family or visitors.

### **How is C-diff treated?**

C-diff is generally treated for 10 to 14 days with antibiotics prescribed by your healthcare provider.

### **Can I get C-diff again?**

Yes, you can. Call your doctor if diarrhea returns.

### **What other things should I do to prevent the spread of C-diff?**

Hand washing is the single most important action you can take. Hands need be washed with soap and water and dried with clean paper towels. Wash hands:

- Before eating and drinking
- After using the toilet

Nursing staff can assist you with hand washing. If you have further questions, ask your nurse or doctor.

## **Speak up at any time if you have any questions or concerns**

### Reference:

U.S. Center for Disease Control (CDC). (2007). *FAQ sheet. General information about Clostridium difficile Infections*. Retrieved November 10, 2008. [http://www.cdc.gov/ncidod/dhqp/id\\_CdiffFAQ\\_general.html#1](http://www.cdc.gov/ncidod/dhqp/id_CdiffFAQ_general.html#1)