

**Further information is available from;**

**Patient Advice and Liaison Service (PALS)**

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

**Other Sources of Information**

**NHS 111**

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: [www.nhs.uk](http://www.nhs.uk)

**Patient UK**

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self-help groups and a directory of UK health websites.

Website: [www.patient.info](http://www.patient.info)

**Self Help & Support Groups**

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: [www.library.sath.nhs.uk/find/patients/](http://www.library.sath.nhs.uk/find/patients/)

**Information in Other Formats**

Are there different versions of the leaflet available e.g. Large type face, different languages, print? size, tape?

**Website: [www.sath.nhs.uk](http://www.sath.nhs.uk)**

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# Patient Information

## C difficile Carrier (Clostridioides difficile/C diff Carrier)

### **What does being a carrier of C diff mean?**

A person who is a carrier (also known as “colonised” with C diff) carries the C diff bacteria in their bowel but has no symptoms. Up to 10% of the population may carry C diff. The percentage increases as we get older.

### **Does being a carrier of C diff put me or others at risk?**

One of the side effects of antibiotic therapy is that it can cause the C diff bacteria to produce toxins and for this reason doctors need to be extra careful when prescribing antibiotics to someone who is a C diff carrier. If a carrier develops diarrhoea because of antibiotics or for any other reason they may potentially infect others.

### **How do doctors know who is carrying the C diff bacteria?**

If you get diarrhoea a sample of poo will be sent to the laboratory to identify if you have the C diff bacteria present

### **What symptoms will I have?**

Most patients who are carriers do not have any symptoms.

If you are suffering from active C diff infection you will have -:

Watery smelly diarrhoea

Possibly stomach pains

Some patients also have a temperature

Occasionally people who are carriers develop diarrhoea that is caused by another underlying condition. If that is the case you will be moved into a single room. If you are placed in a side room we ask you do not have contact with other patients until advised by staff. Staff will wear gloves and apron if they are giving any personal care (example washing and dressing) for you as well as strict hand washing. **You must make sure you wash your hands well with soap and water after using the toilet and before meals.**

### **What is the treatment?**

Most carriers have no symptoms they do not need treatment. A doctor may need to review your medicine and make any necessary changes especially if you are taking antibiotics. You may be referred to a dietician to assess the food you eat.

You may be given what is called a “C difficile passport”. This is a credit card sized alert that you can show your GP, dentist, or a doctor if you are readmitted to hospital. This card alerts them to your recent diagnosis and reminds them to carefully consider any antibiotics they may prescribe and to choose those which have a lower risk of causing C diff infection to develop.

### **Will I need to go into a sideroom?**

If you are having watery stools, you may be asked to move to a single room and you may also be allocated a toilet or commode specifically for your use, as this will help prevent spread of the infection to other patients.

Staff will wear gloves and aprons if they are performing any personal care for you, as well as strict hand washing as again this will help to prevent the spread of infection to other patients

**You must make sure you wash your hands well with soap and water after using the toilet and before meals**

### **Can I have visitors?**

Yes, you can have visitors as healthy people are at very little risk of getting C diff whilst visiting. However if visitors are unwell they should stay away until they are better (if you are in doubt, you should discuss this with the staff looking after you).

Your visitors will not need to wear gloves and aprons unless they are helping with your personal care. Washing their hands with soap and water when leaving the ward is all that is needed