

**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**

Please contact the Infection Prevention and Control Team if you require this leaflet in a different language or large print. Contact number 01743261134

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

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## Patient Information

### C. Difficile Carrier (Clostridioides difficile Carrier)

**This leaflet will give you information on:**

- What is *Clostridioides difficile*?
- What being a carrier of C diff mean?
- Does being a C diff carrier put me or others at risk?
- How do I know if I am a carrier?
- What symptoms will I have?
- Will I require treatment?
- Do I need to be nursed in a single room?
- How do I protect others?
- Can I have visitors?

### **What is Clostridioides difficile?**

Clostridioides difficile is a bacteria, which may be found in the bowel. In most cases it will not cause any harm, however it may become active if you are unwell and are taking antibiotics.

### **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?**

Antibiotics can cause the C diff bacteria to produce toxins and cause C diff infection. If you develop diarrhoea, we will move you to a single room to protect people around you from possible infection, and we will send sample of your stool (poo) for testing. It is important to **wash your hands with soap and water** to protect people around you.

### **How will I know if I am a carrier?**

We will inform you if your stool (poo) sample is positive to the presence of the C diff bacteria. We will give you a C diff passport with information and doctors will review your treatment.

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

Most patients who are carriers of C diff do not experience any symptoms. Occasionally people who are carriers develop diarrhoea that is caused by other conditions. If you have diarrhoea, we will move you to a single room and will monitor frequency and type of your stool. Please ensure you notify a nurse every time you go to the toilet and open your bowel. It is important to **wash your hands with soap and water** after every visit to the toilet and before meals.

### **Do I require treatment?**

No. You do not require treatment for being a carrier of C diff, however we will be monitoring the type and frequency of your stools and doctors will review your current treatment to ensure the C diff bacteria does not cause you an infection.

### **Do I need to be nursed in a single room?**

If you have loose stools (diarrhoea) we will move you to a single room. We will allocate you a commode or the toilet for your own use. This is to stop spread of the bacteria to other people.

### **How do I protect others?**

**Washing hands with soap and water** after every use of the toilet or commode will help to stop the spread of the bacteria to others.

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

Yes, you can have visitors. Healthy people are at very little risk of getting C diff whilst visiting.

Please ensure you ask your visitors to wash their hands with soap and water after leaving your room.

