

What happens if you live in a Residential Care setting?

- You will be given your own commode chair or toilet. A Contact Precautions sign is placed on the door to your room.
- Gloves and gowns will be worn by the care givers when doing direct patient care.
- You will be expected to wash your hands with soap and water after toileting and prior to leaving your room.
- All persons, upon entering and leaving your room, will also need to wash their hands.
- Do not be shy about reminding everyone to wash their hands.
- Once your diarrhea has stopped for 72 hours you no longer require your own commode or contact precautions.

What happens at Home?

- If you still have diarrhea, use your own bathroom OR clean the bathroom after each use.
- Wash your hands with soap and water after toileting and before eating.
- If you develop diarrhea after leaving the hospital please contact your doctor.

Infection Prevention and Control

If you have further questions or concerns, please contact your nurse or doctor.

Corner Brook

Western Memorial Regional Hospital
637-5000 extension 6171

Port aux Basques

Charles L. LeGrow Health Centre
695-2175

Stephenville

Sir Thomas Roddick Hospital
643-5111 extension 293

Newfoundland & Labrador

HealthLine

Confidential & Free

1-888-709-2929

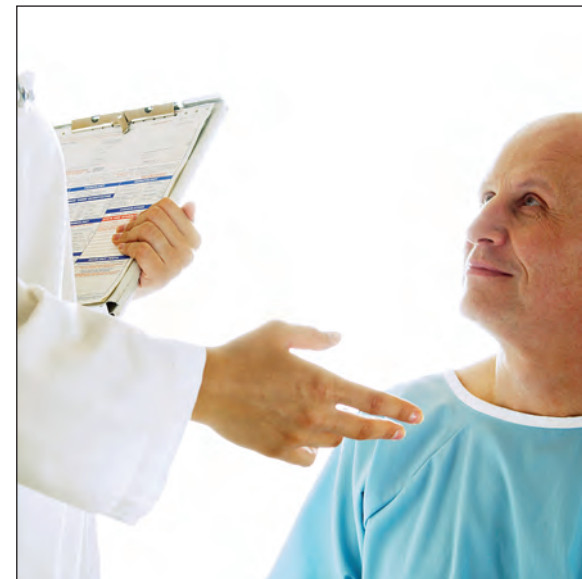


Western
Health

Our Vision

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible - Your Health Our Priority.

Clostridium Difficile



What You Need To Know



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What is Clostridium difficile (C. difficile)?

C. difficile is a bacterial infection that causes diarrhea. This bacteria is found in bowel movement. You are at increased risk of getting C. difficile when you:

- Take antibiotics.
- Have chemotherapy.
- Have abdominal surgery.
- Have other stomach or intestine problems.
- Are sick in the hospital.

How can you get C. difficile?

- C. difficile is primarily spread through hand contact.
- C. difficile spores may be found on toilets, sinks and environmental surfaces in the bathroom. This is why hand washing with soap and water after using the toilet is very important.
- Taking certain antibiotics can change the normal balance of bacteria in your large intestine making it easier for C. difficile to grow and cause an infection.

What are the symptoms of C. difficile?

- Watery diarrhea with or without mucous or blood.
- Belly pain or tenderness.
- Fever, loss of appetite and nausea.



How is C. difficile treated?

Treatment depends on your symptoms:

- If you are currently on an antibiotic for an infection your doctor will likely discontinue it.
- More serious diarrhea can last longer without therapy. The usual treatment for more severe cases is an antibiotic called "Flagyl" taken in a pill form.

What happens if you are in the Hospital?

- You may be placed in a private room and your activities outside the room may be limited.
- A Contact Precautions sign is placed on the door to your room.
- Gloves and gowns will be worn by the care givers when doing direct patient care.
- You will be expected to wash your hands with soap and water after toileting and before eating.
- All persons, upon entering and leaving your room, will also need to wash their hands.
- Do not be shy about reminding everyone to wash their hands.
- If a private room is not available you may be given your own commode chair.
- You will be asked to use your own bathroom not a common use bathroom.
- Once your diarrhea has stopped for 72 hours precautions may be discontinued.