

### Visitors will:

- Wear a gown and gloves if helping care for the patient
- Clean their hands every time they enter and exit the room

### Patients will:

- Stay in their room except when going for treatments or tests
- Clean their hands and put on a clean housecoat before leaving their room
- Tell their nurse right away if their clothing or sheets are dirty with stool so they can be changed



### When will the Contact Precautions stop?

Contact Precautions will stop when your stools are normal for 48 hours. Your healthcare providers will tell you when it is safe.

### What happens if I go home with C. difficile?

You do not need to use the Contact Precautions at home that the Cancer Centre uses. The best thing you and your family can do to prevent the spread of germs is to clean your hands often.

If you develop new diarrhea or your diarrhea gets worse after you return home, tell your family doctor.

### I am an outpatient. What do I do if I recently tested positive for C. difficile and still have symptoms?

If you are an outpatient:

- Go directly to your appointment area and stay there
- Check in and tell the clerk you have C. difficile
- You may be placed in a private room to wait for your appointment

Ask your healthcare team if you still have questions about C. difficile or the precautions you need to take.



# Clostridium difficile (C. difficile)

Patient Information



## What is Clostridium difficile?

Clostridium difficile (C. difficile) is a bacteria that can cause the large intestine to swell. You may get symptoms such as:

- Diarrhea
- Fever
- Loss of appetite
- Nausea
- Pain or tenderness in your abdomen



The symptoms usually get better in a few days.

## When am I tested for C. difficile?

You are tested for C. difficile if:

- Your doctor thinks you may have an infection
- You have a history of C. difficile and have symptoms
- You recently were, or are currently on antibiotics and have diarrhea or stomach pain



## Why do I need to be tested?

C. difficile can make people more sick which can cause them to have to stay in the hospital longer. If we know who is infected, we can use precautions to help keep it from spreading.



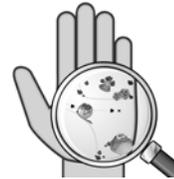
## How will I be tested?

A sample of your diarrhea (stool) will be collected and sent to the lab for testing.

## How is C. difficile spread?

C. difficile bacteria are found in diarrhea, and are spread to other people through contact with:

- Hands
- Patient care equipment
- Unclean surfaces such as door knobs or tables



## What can I do to reduce the spread of infection?

Clean your hands:

- After using the bathroom
- Before eating or drinking
- Before entering and leaving the hospital room or Cancer Centre





**Did you know?**  
Cleaning your hands is the best way to prevent the spread of C. difficile.

## What increases my chance of getting a C. difficile infection?

You have a greater chance of getting a C. difficile infection if you:

- Took antibiotics in the last 3 months
- Are over 65
- Stayed in a hospital or healthcare facility for a long period of time
- Have a serious illness

## What does the hospital do to prevent the spread of infection?

The hospital uses **Contact Precautions** to prevent the spread of infection. These are guidelines that help reduce the spread of germs when there is contact between people and the environment.

### Healthcare providers will:

- Move the patient to a private room with his or her own bathroom if possible
- Place a sign on the patient's door to let everyone know to use Contact Precautions
- Wear a gown and gloves when they enter and exit the patient's room
- Clean hands before putting on and after removing gloves and gown