



# I spy... CDI!

**Clostridioides difficile (previously clostridium difficile), is also known as C. diff or CDI. It is a bacteria which lives in the gut of around 3% of adults and does not usually cause a problem if you are healthy.**

**C. diff infection causes severe diarrhoea, blood in your stools, abdominal cramps, loss of appetite, fever, feeling sick.**

**It is easily spread from person to person through direct contact with an infected person or a surface which is contaminated.**

## **People who are more likely to get CDI include those who are:**

- Taking multiple courses of antibiotics.
- Over 65 years old.
- Living in a care home or have a long hospital stay.
- Living with long term conditions such as diabetes, kidney failure.
- Undergoing chemotherapy.
- Taking proton pump inhibitors (PPIs).
- Recovering from recent bowel surgery.

**CDI must be treated with antibiotics; it will not go away on its own.**

**If left untreated, CDI can lead to much serious conditions including sepsis.**



## **Some things you can do to reduce the risk of spreading CDI:**

- Safeguard antibiotics – do not take antibiotics unnecessarily or that are not prescribed to you. Always finish the course you have been prescribed even if you feel better.
- Wash your hands frequently with soap and water especially after going to the toilet and before making/eating food.
- Ask visitors and healthcare professionals to wash their hands.
- Clean frequently touched surfaces often.
- Do not take medication like loperamide which will stop your diarrhoea if you have it.
- Wash soiled linen and clothing as soon as possible at a high temperature.
- Always carry your C. diff card with you to help other health professionals when planning your treatment.