

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.

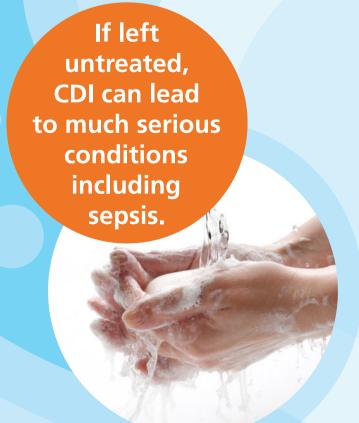
C. diff infection causes severe diarrhoea, blood in your stools, abdominal cramps, loss of appetite, fever, feeling sick.

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.



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.