

What Do I Need To Do After Leaving The Hospital?

- Take your medication as prescribed.
- Wash your hands with soap and water often, especially after using the bathroom and before preparing food.
- Remind those who live with you to also wash their hands often.
- Do not share personal care items or towels.
- Use bleach products to clean your bathroom.
- Tell your doctor you recently had C. diff if you need to take antibiotics for another illness.

If you have any questions, please ask your health care providers.



Patient Education: **Clostridioides difficile** (C. diff)

Information for patients who have been diagnosed with **C. difficile**



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What is C. diff?

Clostridioides difficile (C. diff) is a bacteria that causes inflammation of the colon.

Symptoms may include:

- Frequent watery stools (diarrhea)
- Abdominal cramping, belly pain and tenderness
- Weakness
- Dehydration
- Fever
- Nausea

How is C. diff Treated?

C. diff is treated with antibiotics. Your doctor will provide you with a treatment plan.

When Will I Feel Better?

C. diff infections typically resolve within two weeks of starting antibiotic treatment.

What Will Be Different During My Hospital Stay?

A “Special Contact Precautions” sign will be placed outside your room. The sign will remind hospital staff and visitors to clean their hands and to wear a gown and gloves.



When are Precautions No Longer Necessary?

Precautions are no longer needed once the diarrhea has stopped for at least 48 -72 hours and your bowel movements are normal.

If the diarrhea comes back, please tell your doctor, as C. diff may stay in your bowel.

Can I Have Visitors?

Yes, as long as they follow “Special Contact Precautions”. Even though C. diff is contagious, it usually affects people who are taking antibiotics. If your visitor is ill or taking antibiotics, it may be best for them to visit when you are feeling better.

How Can I Help Reduce The Spread of C. diff?

Washing hands is very important. C. diff bacteria can survive on hands and surfaces for a long time and can be passed on to others.



C. diff spread can be stopped by



washing your hands often and reminding those around you to wash their hands as well.

Ask your visitors and health care providers to follow any Special Contact Precautions in place and to wash their hands before entering and when leaving the room.



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