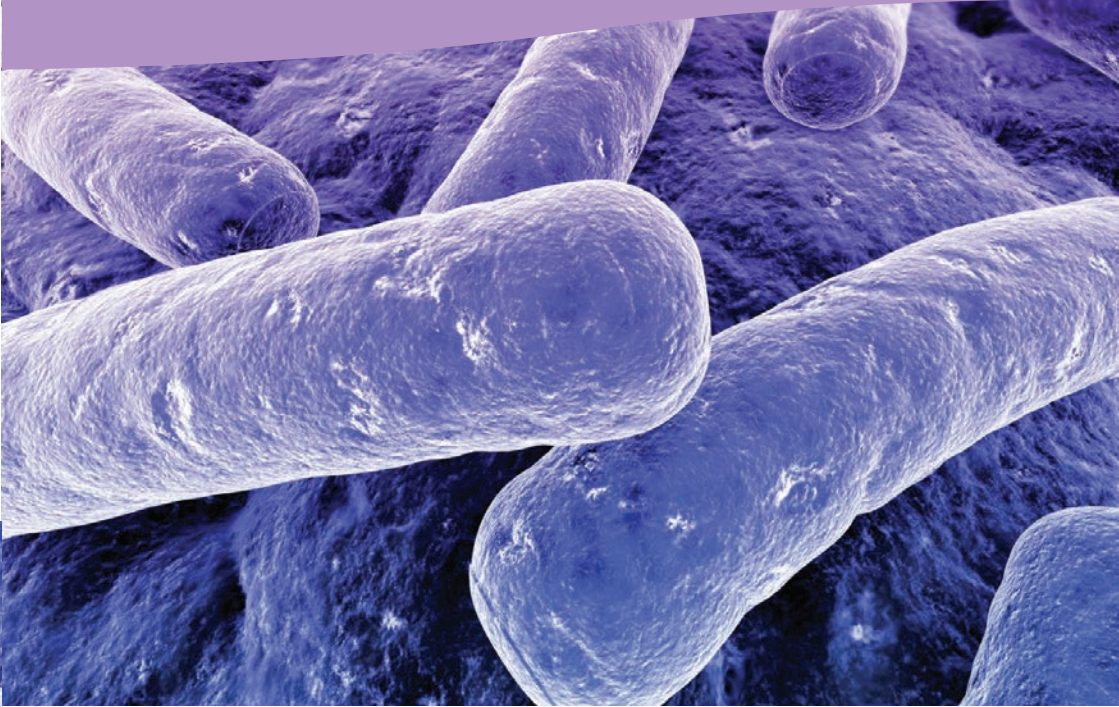


CLOSTRIDIUM DIFFICILE INFORMATION LEAFLET



What is Clostridium difficile?

Clostridium difficile (also called C difficile or C. diff) is a germ (bacterium) which is found naturally in the bowel of some people. For most healthy people C diff doesn't normally cause any problems, but sometimes it causes an infection. The typical symptoms range from mild to severe diarrhoea and may include stomach pains and fever.

How can I get C diff infection?

The C diff germ may already be in your bowel or you can pick it up from contact with someone else with the infection or from surfaces that have C diff on them. Normally our 'good bacteria' in the bowel protect us from infection but some medical treatments, especially some antibiotics, can kill off these good bacteria. When this happens, C. diff can grow quickly and produce chemical poisons (called toxins) that are the cause of the symptoms of C diff infection. Anyone can get C diff infection, but elderly people and those with some medical conditions or those receiving certain treatments that affect the bowel may be more at risk.

How will I know if I have C diff infection?

If you have diarrhoea, the staff will send a specimen of your faeces (bowel movement) to the laboratory to be tested. The test result can take a day or two to come back. While waiting for the result you may be moved to a single room and you will be cared for with extra infection prevention precautions.

How serious is C diff infection?

This varies; some people will have relatively mild to moderate diarrhoea lasting for a few days and therefore no specific treatment is needed. Your doctor may stop or change any antibiotics you are already receiving. Sometimes, the diarrhoea can be longer lasting and accompanied by stomach pains and sometimes passing blood in your bowel motion. More severe disease can last for many days, even weeks, and will need specific treatment against C diff. In extremely rare cases this treatment can include surgery.

How can C diff spread in hospitals and care homes?

When someone has diarrhoea caused by C diff, the germs are passed out in the bowel motions. C diff can survive for a long time on any surface around toilets or hospital beds as well as bed sheets, equipment or furniture. Other people can accidentally pick it up by touching these surfaces. C diff can also be spread if healthcare workers, carers or patients do not wash their hands when necessary - such as after caring for a person with diarrhoea or touching a surface that may have C diff on it, or before eating or using the toilet.

How will I be treated if I get C. diff infection while I am in hospital or a care home?

If you have diarrhoea because you have C. diff infection, you will be moved to a single room or be given your own toilet or commode to prevent the infection spreading to

other patients. Your doctors may stop your antibiotics, or change them to another type. Staff caring for you will use extra precautions, such as wearing gloves and aprons, to prevent C diff spreading. Hand washing is extremely important and must be carried out by all staff caring for you. Your visitors should also be asked to wash their hands before and after visiting.

What are hospitals and care homes doing to prevent C. diff infections?

We move patients with C. diff to a single room or care for them in certain areas of hospital wards. All healthcare workers, as well as visitors and patients, must wash their hands thoroughly with soap and water, as alcohol-based hand-rubs do not work well against C. diff. Staff should also wear gloves and aprons when they care for people with C. diff. Areas where C. diff is present will be disinfected as well as being cleaned thoroughly. Your doctors will only prescribe antibiotics for you when they are really needed.

If I am visiting hospital, what can I do to prevent the spread of C. diff to others and to protect myself?

Healthy people are not usually at risk of getting C. diff and can safely visit patients with C. diff. If you are visiting, you should:

- always wash your hands thoroughly with soap and water when you enter and leave wards or patient/residents' rooms; wear a plastic apron and gloves when asked by staff to do so,
- not bring food into hospitals, not eat at the bedside of the person you are visiting,
- not sit on beds or visit other patients in the hospital at the same time; and
- avoid using patients' toilets, unnecessary movement around the ward, or visiting if you feel unwell yourself.

If I am ill, how do I prevent passing it on to others?

It is important that you wash your hands thoroughly with soap and water, especially after you use the toilet and before you eat. You should also finish any courses of antibiotics that you are prescribed. Your visitors should also wash their hands with soap and water after visiting you.

If your own clothes become soiled in hospital then staff should place your clothing in a sealed bag and give you instructions on how to clean it. You should arrange for this to be taken home the same day or as soon as possible to wash, on as hot a wash cycle as the material can stand

I've had it before – does it mean I can catch it again?

Yes. If a relapse of the illness occurs, which can happen to some patients, the same treatment is often repeated.

What happens when I go home?

If you suffer from diarrhoea again after you have returned home, you should contact your GP and explain that you have had C. diff recently. The hospital staff will have let your GP know that you have had a C. diff infection while you were in hospital. You may have to give another sample of your faeces to your GP if your symptoms persist.

What about children and pregnant women

Cases in children are rare and normally only occur in those over 2 years of age. These rare cases will be managed in the same way as cases in adults. C diff infection in pregnancy is also rare and reports of complications in pregnancy are very rare. Pregnant women should discuss any concerns with their obstetrician.

Further information

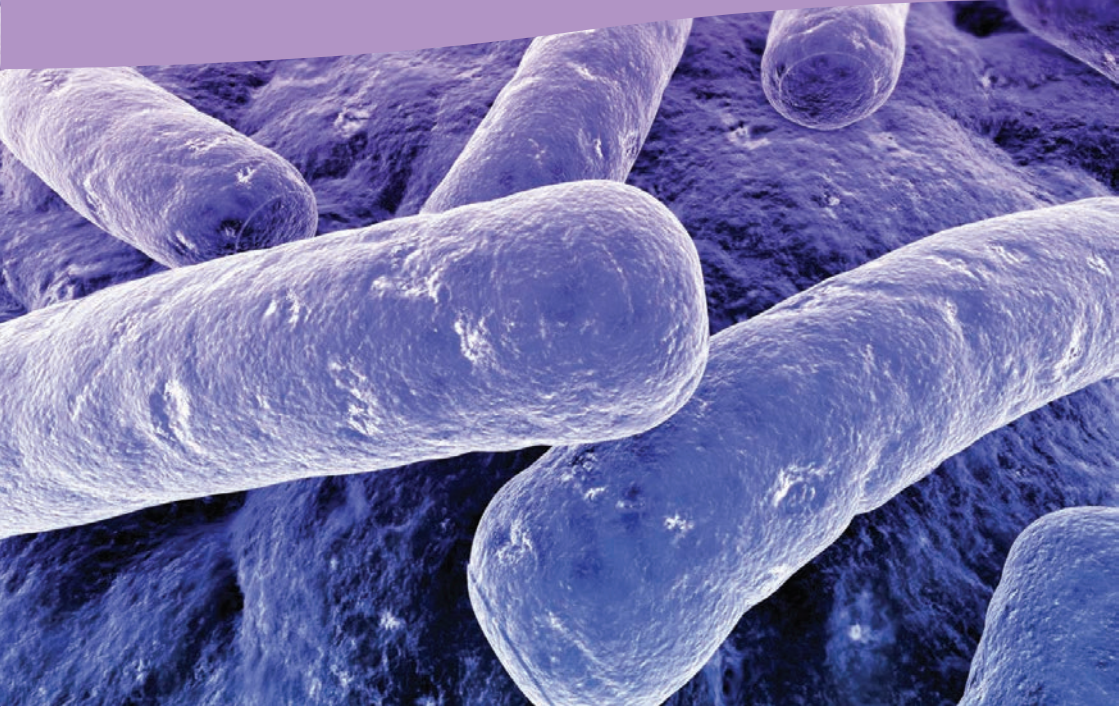
In the first instance speak to the staff caring for you/ the person you are visiting. They can contact the local Infection Prevention and Control Team or Health Protection Team for expert support.



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TAFLEN WYBODAETH AM CLOSTRIDIUM DIFFICILE



Beth yw Clostridium difficile?

Germ (bacteriwm) yw Clostridium difficile (a elwir hefyd yn C difficile neu C. diff) a ganfyddir yn naturiol yng ngholuddyn rhai pobl. I'r rhan fwyaf o bobl iach, nid yw C diff yn achosi unrhyw broblemau fel arfer, ond weithiau gall achosi haint. Mae'r symptomau arferol yn amrywio o ddolur rhydd ysgafn i ddifrifol a gall gynnwys poenau yn y stumog a thymheredd uchel.

Sut gallaf gael haint C diff?

Gall germ C diff fod yn eich coluddyn yn barod neu gallwch ei ddal wrth gael cyswllt â rhywun arall â'r haint neu o arwynebeddau sydd â C diff arnynt. Fel arfer, mae ein 'bacteria da' yn y coluddyn yn ein hamddiffyn rhag haint ond gall rhai triniaethau meddygol, yn enwedig rhai gwrthfotigau, ladd y bacteria da hyn. Pan fydd hyn yn digwydd, gall C. diff dyfu'n gyflym a chreu gwenwynau cemegol (a elwir yn docsinau) sef achos symptomau haint C diff. Gall unrhyw un gael haint C diff, ond gall yr henoed a phobl sydd â rhai cyflyrau meddygol neu'r rheiny sy'n cael triniaethau penodol sy'n effeithio ar y coluddyn fod mewn mwy o berygl.

Sut byddaf yn gwybod a oes gennyf haint C diff?

Os oes gennych ddolur rhydd, bydd y staff yn anfon sbesimen o'ch ysgarthion i'r labordy i gael ei brofi. Gall canlyniad y prawf gymryd diwrnod neu ddau i ddod yn ôl. Tra'n aros am y canlyniad efallai y cewch eich symud i ystafell sengl a bydd y staff sy'n gofalu amdanoch yn cymryd rhagofalon ychwanegol i atal haint.

Pa mor ddifrifol yw haint C diff?

Mae hyn yn amrywio; bydd rhai pobl yn cael dolur rhydd cymharol ysgafn i gymedrol sydd yn parhau am ychydig ddiwrnodau ac felly nid oes angen unrhyw driniaeth benodol. Gall eich meddyg atal neu newid unrhyw wrthfotigau yr ydych eisoes yn eu cymryd. Weithiau, gall y dolur rhydd barhau am fwy o amser a chynnwys poenau yn y stumog ac weithiau bydd gwaed yn eich ysgarthion. Gall clefyd mwy difrifol barhau am sawl diwrnod, wythnosau hyd yn oed, a bydd angen triniaeth benodol yn erbyn C diff. Mewn achosion prin iawn, gall y driniaeth hon gynnwys llawdriniaeth.

Sut gall C diff ledaenu mewn ysbytai a chartrefi gofal?

Pan fydd gan rywun ddolur rhydd sydd wedi ei achosi gan C diff, mae'r germau'n dod allan yn yr ysgarthion. Gall C diff oroesi am amser hir ar unrhyw arwynebedd o amgylch toiledau neu welyau ysbyty yn ogystal â dillad gwely, offer neu ddodrefn. Gall pobl ifanc ei ddal ar ddamwain wrth gyffwrdd â'r arwynebeddau hyn. Gellir lledaenu C diff hefyd os nad yw gweithwyr gofal iechyd, gofawyr neu gleifion yn golchi eu dwylo pan fo angen - ar ôl gofalu am berson â dolur rhydd neu gyffwrdd ag arwyneb a allai fod â C diff arno, neu cyn bwyta neu ddefnyddio'r tŷ bach er enghraifft.

Sut byddaf yn cael fy nhrin os byddaf yn cael haint C. diff tra byddaf yn yr ysbyty neu mewn cartref gofal?

Os oes gennych ddolur rhydd am fod gennych haint C. diff, byddwch yn cael eich symud i ystafell unigol neu'n cael eich tŷ bach neu gomôd eich hun i atal yr haint

rhag lledaenu i gleifion eraill. Gall eich meddygon atal eich gwrthfotigau, neu eu newid i fath arall. Bydd staff sy'n gofalu amdanoch yn defnyddio rhagofalon ychwanegol, fel menig a ffedogau, i atal C diff rhag lledaenu. Mae golchi dwylo yn eithriadol o bwysig ac mae'n rhaid i bob aelod o'r staff sy'n gofalu amdanoch wneud hyn. Dylid gofyn i'ch ymwelwyr hefyd olchi eu dwylo cyn ymweld ac ar ôl hynny.

Beth mae ysbytai a chartrefi gofal yn ei wneud i atal heintiau C. diff?

Rydym yn symud cleifion â C. diff i ystafell sengl neu'n gofalu amdanynt mewn ardaloedd penodol o wardiau ysbyty. Mae'n rhaid i bob gweithiwr gofal iechyd, yn ogystal ag ymwelwyr a chleifion, olchi eu dwylo'n drwyadl gyda sebon a dŵr, am nad yw hylifau wedi eu gwneud o alcohol yn gweithio mor dda yn erbyn C. diff. Dylai staff hefyd wisgo menig a ffedogau pan fyddant yn gofalu am bobl â C. diff. Bydd ardaloedd lle mae C. diff yn bresennol yn cael eu diheintio yn ogystal â chael eu glanhau'n drwyadl. Bydd eich meddyg ond yn rhagnodi gwrthfotigau ar eich cyfer pan fydd eu hangen.

Os wyf yn ymweld â'r ysbyty, beth gallaf ei wneud i atal C. diff rhag cael ei ledaenu i eraill ac i amddiffyn fy hun?

Nid yw pobl iach mewn perygl o gael C. diff ac mae'n ddiogel iddynt ymweld â chleifion â C. diff. Os ydych yn ymweld:

- dylech olchi eich dwylo yn drwyadl bob amser gyda sebon a dŵr pan fyddwch yn dod i mewn ac yn gadael wardiau neu ystafelloedd cleifion/preswylwyr; gwisgwch ffedog a menig plastig pan fydd staff yn gofyn i chi wneud hynny,
- peidiwch dod â bwyd i mewn i ysbytai, peidiwch bwyta wrth ochr gwely'r person yr ydych yn ymweld â nhw,
- peidiwch eistedd ar welyau nac ymweld â chleifion eraill yn yr ysbyty ar yr un pryd; a
- dylech osgoi defnyddio tai bach cleifion, symud yn ddiangen o amgylch y ward, neu ymweld os ydych yn teimlo'n anhwylus eich hun.

Os wyf yn sâl, sut wyf yn osgoi ei drosglwyddo i eraill?

Mae'n bwysig eich bod yn golchi eich dwylo'n drwyadl gyda dŵr a sebon, yn arbennig ar ôl i chi ddefnyddio'r tŷ bach a chyn bwyta. Dylech hefyd orffen unrhyw gysiau gwrthfotigau a ragnodwyd ar eich cyfer. Dylai eich ymwelwyr hefyd olchi eu dwylo gyda dŵr a sebon ar ôl ymweld â chi.

Os yw eich dillad eich hun yn baeddu yn yr ysbyty, dylai'r staff roi eich dillad mewn bag wedi'i selio a rhoi cyfarwyddiadau i chi ynghylch sut i'w glanhau. Dylech drefnu mynd â hwn adref yr un diwrnod neu cyn gynted â phosibl i'w olchi, ar gylch mor boeth ag y mae'r defnydd yn gallu ei ddioddef.

Rwyf wedi ei gael o'r blaen – a yw hyn yn golygu y gallaf ei ddal eto?

Ydy. Os byddwch yn cael y salwch eto, sy'n gallu digwydd i rai cleifion, yn aml iawn bydd yr un driniaeth yn cael ei hailadrodd.

Beth fydd yn digwydd pan fyddaf yn mynd adref?

Os byddwch yn cael dolur rhydd eto ar ôl dychwelyd adref, dylech gysylltu â'r meddyg teulu ac esbonio eich bod wedi cael C. diff yn ddiweddar. Bydd staff yr ysbyty wedi rhoi gwybod i'r meddyg teulu eich bod wedi cael haint C. diff tra'ch bod yn yr ysbyty. Efallai y bydd rhaid i chi roi sampl arall o'ch ysgarthion i'ch meddyg teulu os yw eich symptomau yn parhau.

Beth am blant a menywod beichiog

Mae achosion mewn plant yn brin ac fel arfer ond yn digwydd i'r rheiny dros 2 oed. Bydd yr achosion prin hyn yn cael eu rheoli yn yr un ffordd ag achosion mewn oedolion. Mae haint C diff yn ystod beichiogrwydd hefyd yn brin ac mae cymhlethdodau yn ystod beichiogrwydd yn brin iawn. Dylai menywod beichiog drafod unrhyw bryderon gyda'u hobstetregydd.

Mwy o wybodaeth

Yn y lle cyntaf, siaradwch â'r staff sy'n gofalu amdanoch/y person yr ydych yn ymweld â nhw. Gallant gysylltu â'r Tîm Atal a Rheoli Heintiau lleol neu'r Tîm Diogelu Iechyd am gymorth arbenigol.



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