

Discharge Instructions for Patients with *Clostridium difficile* (*C. difficile*) infection



UHN

Once you are discharged home from Toronto General Hospital, it is important to follow these instructions. This information will help to protect you, your family, friends and visitors when you get home.

I have a *C. difficile* infection. What should I do when I get home?

1. If you have visiting nurses (CCAC), remind the nurse that you have *C. difficile* when he or she arrives.
2. You must wash your hands every time you use the washroom.
3. If you have 2 bathrooms in your home, it would be best if you do not share the toilet with another person until the *C. difficile* infection has gone. We know that this may not always be possible. If you must share the toilet with others, you must wipe down the toilet seat with a disinfectant after each use. This will kill any *C. difficile* spores that might be present and help to stop the spread of the infection to others.
4. Your toilet, commode or bedpan must be cleaned with a disinfectant at least once a day. This will kill any *C. difficile* spores that might be present and, help to stop the spread of the infection to others.
5. Please make sure that you take all your antibiotics.
6. See your family doctor if you begin to start to have loose stools or diarrhea again.

The most important thing you can do to stop the spread of *C. difficile* to others is to wash your hands, and clean the washroom, your environment, and bedpan or commode as often as you can. Cleaning will remove the *C. difficile* spores, and help to stop the spread of infection.

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What should I do if I have a clinic appointment?

1. It is very important that you remind the doctor's office if you are having loose stools before you go to your appointment. They may have to make special arrangements to prepare for your appointment, so call them as soon as you can.
2. Please make sure you wash your hands before leaving the house, after going to the washroom and before entering the hospital or clinic. Use alcohol hand sanitizer before leaving the hospital or clinic area.

Who should I call if I have any questions about *C. difficile*?

If you have any questions please ask your nurse or family doctor to contact the Infection Control Unit, or contact them directly at 416-340-4800 ext 8422 or email **Infectioncontrol@uhn.on.ca**.