Going Home from Hospital with a *C. difficile* Infection

Information for patients and families

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

1. If you have a visiting nurse (LHIN – Home and Community Care), remind the nurse that you have *C. difficile* when he or she arrives.
2. Wash your hands every time you use the washroom.
3. If you have 2 washrooms in your home, try not to share the toilet with another person until the *C. difficile* diarrhea is gone. We know that this may not always be possible. **If you must share the toilet with others, wipe down the toilet seat with a disinfectant after each use.** This will help to stop the spread of the infection to others.
4. Clean your toilet, commode or bedpan with a disinfectant at least once a day. This also helps to stop the spread of the infection.
5. Take all of your antibiotics (medicine that fights infections).
6. See your family doctor if you start to have diarrhea again.

What should I do if I have a clinic appointment?

1. If you are having diarrhea, tell the doctor’s office before you go to your appointment. This is very important. They may have to make special arrangements to prepare for your appointment or change the time. Call them as soon as you can.
2. Wash your hands:
   • before leaving the house
   • after going to the washroom
   • before entering the hospital or clinic

3. Use alcohol hand sanitizer before leaving the hospital or clinic areas.

If you finish your medicine and the diarrhea returns, it is important to go to your family doctor and make sure to tell them that you had *C. difficile* and were treated in the hospital.

Who can I talk to if I have more questions?
If you have questions or concerns about preventing infection before leaving the hospital:
   • ask your nurse to call Infection Prevention and Control
   • email us at InfectionControlUHN@uhn.ca

To stop the spread of *C. difficile* to others
   ✓ Wash your hands.
   ✓ Clean the washroom and your environment as often as you can with a disinfectant.
   ✓ Clean your bedpan or commode as often as you can with a disinfectant.

   Cleaning will help to stop the spread of infection.

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