

**Consider the diagnosis of CDI in patients with unexplained diarrhoea especially if recent antibiotic exposure, and/or history of CDI**

## Risk factors:

- Age 65 years or over
- Recent treatment with broad spectrum antibiotics
- Recent contact with healthcare settings
- On proton pump inhibitors (PPI)
- Enteral nutrition
- Inflammatory bowel disease
- Previous gastrointestinal surgery/ malignancy/ileostomy/colostomy/
- Other gastrointestinal infection e.g. Norovirus
- Serious underlying disease
- Other immunosuppressive illness or therapies e.g. steroids, Chemotherapy
- History of previous CDI

## Common themes from recent CDI cases:

- Delayed sample collection
- Delayed prescription of CDI treatment
- PPI use and not reviewed
- Loperamide use
- Laxative use
- Patient prescribed broad-spectrum antibiotic within previous 3 months of positive

Please remember to discuss the CDI patient information leaflet (provided by the IPC) team with your patient.

## Did you know:

**Loperamide** (Immodium) should only be prescribed in patients where infection has been ruled out. Always ask the patient if they have self-administered loperamide and advise to avoid/stop as necessary.

**PPI** - there is increased evidence that acid suppressing medications may be a risk factor for CDI and consideration should be given to reviewing and stopping PPIs, in patients with or at high risk of CDI.

**Alcohol gel** is not effective against CDI therefore it is advised to use liquid soap and water to perform hand hygiene when reviewing a patient with unexplained diarrhoea.

## CDI testing in community patients is undertaken if:

- CDI investigation is specifically requested on the form
- The patient is age 65 years or over
- There is a history of antibiotic use stated on the form
- The patient has suspected pseudomembranous colitis stated on the form
- The patient is post op (state on the form)

These samples must be unformed (type 5,6 or 7 on Bristol Stool Chart (take the shape of the pot).

Samples must be clearly labelled with name, DOB, Location, NHS number, specimen type.

If specimen is generated outside of normal working hours the patient/carer can deliver their specimen to Arrowe Park Hospital lab reception or Bassendale lab reception (CH62 3QL - Unit 11).

**Remember** – stool samples are **not** required to check for clearance.

**Prescribing of CDI treatment** should be in line with the current version of the Pan Mersey Antimicrobial formulary. A patient leaflet is now available for any patient prescribed a tapering course of vancomycin.