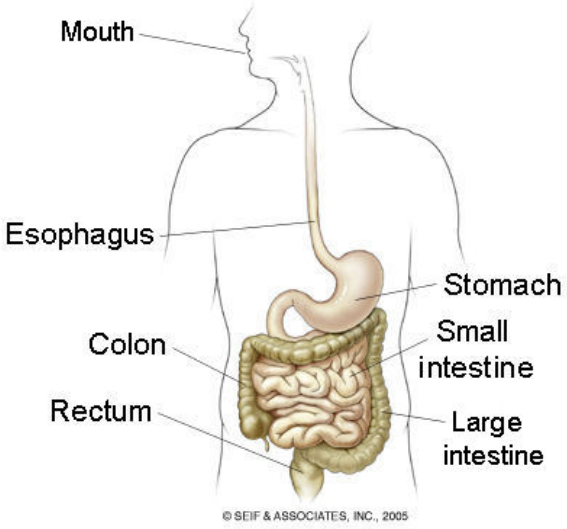
Clostridium Difficile
(C. Difficile)

Clostridium difficile (C. diff) is a germ found in the intestines (*colon*). Most of the time, C. diff does not cause a problem. Sometimes, C. diff causes an infection in the colon. This infection causes:

- Watery stool (*diarrhea*).
- Belly pain or cramping.
- Nausea.
- Loss of appetite.
- Fever.

The C. diff infection may occur after taking medicines that kill germs (*antibiotics*). C. diff diarrhea usually does not clear up by itself. The C.diff bacteria can easily spread to other people.



HOME CARE INSTRUCTIONS

- Drink plenty of fluids. **AVOID** milk, caffeine, and alcohol.
- Eat a BRAT diet (**b**anana, **r**ice, **a**pplesauce, **t**oast) to try to slow the diarrhea.
- Eat small meals more often rather than large meals.
- Take medicines that kill germs (*antibiotic*) only as prescribed by your doctor.
- **DO NOT** use medications to slow the diarrhea.
- Wash your hands with soap and water for at least 15 seconds after using the toilet.
- As long as the diarrhea lasts, the toilet must be cleaned several times a day. Clean the toilet seat and handle, bathroom sink and bathroom door knobs with a bleach mix.
  - Mix 1 ounce of bleach with 3 cups of water, OR 1 tablespoon of bleach with 1 1/2 cups of water.
  - Make this bleach mix fresh every day.
  - If you use the same mix all day, keep it in a jar that you cannot see through. Light will break down the bleach.
  - Use a new paper towel or cloth for each object or area that is cleaned.
  - **Never** put the used towel or cloth back into the bleach mix.
  - Keep the bleach mix away from children.
  - Always label the bleach container!
  - Use waterproof gloves to protect your hands from the bleach mix.
  - As long as the diarrhea lasts, wash all towels, bed sheets and clothing daily in warm or hot water. This laundry should be washed apart from other laundry.

GET HELP RIGHT AWAY IF:

- You have a temperature by mouth above 102º F (38.9º C).
- You develop more belly pain or tenderness.
- You develop blood in the stool, or the stool is dark black and tar-like.
- You cannot hold down food or liquids.
- You cannot pee or are not peeing as much as you normally do.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.

- Will get help right away if you are not doing well or get worse.

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