

Fast Facts

C. Diff

- Bacteria spread from feces to other surfaces where it can survive for weeks or months
- Produces toxins that attack the linings of intestines by destroying cells and producing areas of inflammation (called plaques) resulting in decaying matter inside the colon
- Most likely to affect older adults, especially those in hospitals or long-term care facilities
 - Another big risk factor for C. diff is the use of antibiotics
- If you've had C. diff infections in the past, you're more likely to have more
- Symptoms usually appear about 5 – 10 days after starting antibiotics

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Mild Infection:</i></p> <ul style="list-style-type: none"> -Mild abdominal cramping -Watery diarrhea a couple of times a day for a few days <p><i>Severe Infection:</i></p> <ul style="list-style-type: none"> -Watery diarrhea 10 – 15 times a day -Severe abdominal cramping -Blood/pus in stool -Nausea -Fever -Swollen abdomen -Rapid heart rate -Loss of appetite 	<ul style="list-style-type: none"> -Stop antibiotics that are causing C. diff -Take antibiotics that treat C. diff -Consume plenty of fluids to prevent dehydration -Eat foods that don't irritate your stomach -Surgical removal of the affected part of the colon (if severe) <p><i>Possible New Treatment:</i></p> <ul style="list-style-type: none"> -Fecal Microbiota Transplant (FMT) 	<ul style="list-style-type: none"> -Don't take antibiotics unnecessarily -Wash hands frequently and thoroughly with soap and water -Clean surfaces with bleach -Wear isolation gowns and gloves when in the room with an individual who has C. diff

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