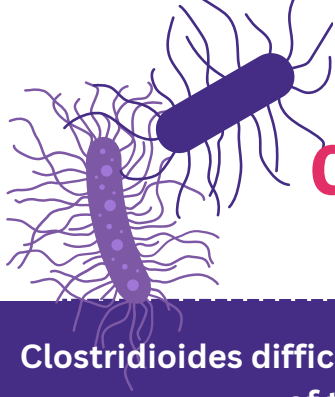
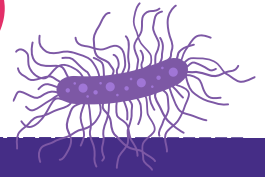




Understanding Clostridioides difficile (C. diff)



What is C.diff?

Clostridioides difficile (C. diff for short), is a type of bacteria that causes irritation and swelling of the colon (colitis) leading to gastrointestinal issue such as:¹



Nausea



Vomiting



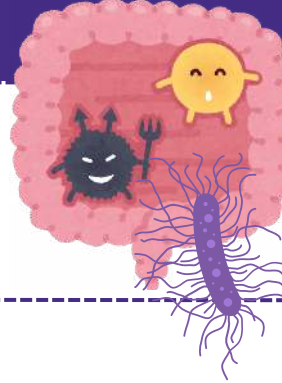
Abdominal Pain



Diarrhea

Lives in the intestines of
1-3%
of people.¹

C. diff is part of the natural gut flora, living harmlessly in the large bowel alongside beneficial bacteria. However, if the balance of gut bacteria is **disrupted**, C. diff can thrive.



How is C.diff Transmitted?

1

It is found in feces of infected individuals & transfers through contact with contaminated hands or surfaces.

2

Can survive on surfaces as dormant spores & is contagious.

Risk Factors

Use of high-risk antibiotics: Clindamycin, quinolones, cephalosporins³

Other factors:

- Medicines reducing stomach acid (e.g., Nexium, Prevacid)
- Age (65+)
- Weakened immune systems (e.g., HIV/AIDS, cancer)
- Pre-existing bowel conditions (e.g., IBD)
- Hospital stays
- Previous C. diff infection^{3,4}

What to Do if You Have Symptoms

- Consult your doctor, a stool test may be ordered.
- Treatment varies by severity; may involve antibiotics or hospitalization.



- **Clean surfaces:** Use chlorine bleach products.⁴
- **Consider probiotics:**⁵ Consult a healthcare professional for suitable options (ex. strain S. Boulardii) to help maintain gut health and reduce the recurrence rate of C.diff.

Prevention Strategies

- **Hygiene:** Wash hands with soap and water for at least 20 seconds.
- **Antibiotic use:** Avoid unnecessary antibiotic use.