

Patient Information Leaflet

Information for inpatients given probiotics to prevent *Clostridium difficile* (C. diff) infection

Produced by:
Infection Control Team

Date: 01/03/2016
Review due: 01/03/2019



If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্ রথম ভাষা না থাকার কারণে এই লিফলেট পড়তে অক্ ষম হন, তাহলে আরও তথ্ যের জন্ য01983 534850 নেভিগেশন PALS টেলিফোন ইংরেজি কথা কেউ জিজ্ ঞাসা কর্ নএবং সাহায্ যকরন

Introduction

You have been prescribed a probiotic capsule to reduce your risk of developing a bowel infection called *Clostridium difficile* (otherwise known as *C. diff*). *C. diff* is an infection which can occur after you have received antibiotics for another infection which then disrupt the normal (“good”) bacteria in your gut. This then allows the problem *C. diff* bacteria to grow in your gut, where it can lead to diarrhoea which in some cases can be very severe.

The probiotic capsule contains a mixture of several “good” bacteria which are intended to stop the *C. diff* from causing a problem whilst you are taking the antibiotics. Probiotics are already used in many NHS trusts across the country to reduce the *C. diff* risk.

Who should be taking the probiotic?

We know that certain people are at more risk from *C. diff* infection and therefore these are the people who will be given the probiotic at the same time that they are prescribed antibiotics. This includes people who are:

- over 65 years
- OR over 18 years AND with one of the following risk factors:
 - Past *C. diff* infection
 - On a prolonged antibiotic course for more than 7 days
 - People prescribed proton pump inhibitors (stomach acid suppressing tablets e.g. omeprazole, lansoprazole)
 - History of multiple antibiotic courses during or prior to admission

If you fall into one of these groups and are prescribed an antibiotic course, probiotics can be prescribed by your medical team to take during the antibiotic course and for 5 days afterwards. If you go home before the end of the antibiotic course and the 5 days afterwards, the probiotics will be discontinued at discharge because it is while you are in hospital that the greatest risk of picking up the *C. diff* bacteria occurs.

Who should *not* be taking the probiotic?

Some people will not be prescribed the probiotic even if they fall into one of the above groups because of other medical conditions they have. For example:-

- People who have problems with their immune system or who are taking drugs that could stop their immune system from functioning effectively, should not usually take the probiotic.
- People with bowel perforation (hole in the gut) or conditions with a high risk of bowel perforation should also not take the probiotic.

With these conditions, there may be a higher risk of the probiotic bacteria themselves causing an infection, although this is very rare.

If the medical team looking after you think you are at *very high risk* of C. diff infection they may still prescribe you the probiotic even if you have problems with your immune system as the potential benefit in reducing your C. diff infection risk may outweigh the very small risk of the probiotic causing a problem.

Potential side effects

Other possible side effects include abdominal cramping, nausea, fever, soft stools, flatulence and taste disturbance. However, these are also common effects of antibiotics and there is evidence that these symptoms are actually *less likely* in people taking a probiotic with their antibiotics compared to those on antibiotics without taking a probiotic.

How to take the probiotic

The probiotic capsule is taken just once a day, with or before a meal. The capsule contents can be mixed with other food/fluid if you are unable to swallow tablets or have a feeding tube in place.

More about the probiotic

The probiotic product is called “Healthy Origins® Probiotic 30 Billion CFUs”. It contains 8 different probiotic strains:

- Lactobacillus acidophilus
- Bifidobacterium lactis
- Bifidobacterium longum
- Lactobacillus rhamnosus
- Bifidobacterium breve
- Lactobacillus casei
- Lactobacillus salivarius
- Lactobacillus plantarum

Other ingredients are: Vegetable capsule (cellulose, water), microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

It does not contain any sugar, salt, starch, yeast, wheat, gluten, corn, barley, fish/shellfish, nuts/tree nuts, soy, egg or dairy products, preservatives or artificial flavours.

If you have any queries relating to the probiotic use for preventing C. diff infection, please ask the ward staff to speak to a member of the infection prevention and control team.

If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: IC/PCDIFF/1