

## Patient Records

The fact that you are GDH positive will be recorded on your electronic patient record.

### How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser as hand sanitisers are not suitable for use when dealing with patients who have symptoms of diarrhoea.

For infection prevention & control purposes and to keep you safe and well visitors are requested **not** to:

- Visit you if they are unwell
- Sit on your bed or use the patient toilets.
- Touch your wounds, or any medical devices, drips or catheters.

### How can I find out more?

Contact the Infection Prevention & Control Department on:

Wycombe Hospital Tel: 01494 425456

Stoke Mandeville Hospital Tel: 01296 315337

Public Health England Tel: 0344 225 3861

Public Health England Website: <http://www.hpa.org.uk>

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[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

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## What is *Clostridium difficile* GDH? (Glutamate Dehydrogenase)

### Patient Information Leaflet

If you require a translation or alternative format of this leaflet please call  
Infection Prevention & Control 01296 315337

Safe & compassionate care,

every time

## What is GDH?

Our laboratory does 2 types of test for *Clostridium difficile* infections. One of these is GDH (Glutamate Dehydrogenase). If this is positive, it is likely that you are carrying *Clostridium difficile* in your bowel. This is unlikely to cause you a problem. The second test is the *Clostridium difficile* toxin test (CDT). If that is positive, it is likely that *Clostridium difficile* is causing an infection.

## How is diagnosis made?

Diagnosis is made by sending a stool sample to the laboratory.

## How will I be looked after?

If you have diarrhoea and your stool has been found to be GDH positive it will be necessary to care for you in a single room where you will be reviewed by nursing staff daily. Staff caring for you will wear gloves and aprons. Hands should be washed with soap and water as hand sanitiser is **not** effective against GDH.

## How will I be treated?

You may be started on antibiotic treatment. It is important that you inform the staff looking after you when you have diarrhoea so that they can manage your care appropriately.

## What can I do to speed up my recovery?

It is important that you wash your hands with soap and water before you eat or drink and after you have been to the toilet. Make sure that any food you have is covered or kept inside your locker (unless it needs to be in a fridge). It will help if you drink lots of fluid to avoid you becoming dehydrated while you have diarrhoea.

## What happens when I stop having diarrhoea?

Once your diarrhoea is improving and your bowels have returned to normal it may be possible to move you out of a single room. The staff looking after you will let you know when this can happen.

## Will it delay my discharge from hospital?

Your doctors will decide if you are well enough to go home. They may want to make sure that your diarrhoea is settling and that you are able to eat and drink normally. If you are waiting to be transferred to another hospital the transfer may be delayed until your symptoms have settled.

## What happens if I have diarrhoea again?

Sometimes the diarrhoea can start again. This may be after you have gone home, or while you are still in hospital. It can sometimes be as a result of the same infection, or for another reason. It is important to tell a doctor or nurse if your diarrhoea starts up again. You may be asked to provide another stool sample by either your G.P. (if you are at home), or the nurses, if you are still in hospital.

## Who can I talk to?

If you have any questions about your condition, please talk to one of the nursing or medical staff.

## What happens about washing my clothes?

If you have any soiled clothing, the nurses looking after you should put it in a plastic bag. Healthy people are unlikely to be affected by GDH, however we suggest the following actions are taken:

- It is best that this clothing is washed as a separate load to other items.
- The contents of the bag should be emptied straight into the washing machine and the plastic bag put into the rubbish bin.
- At this point hands should be washed with soap and water.
- A pre-wash can be used if needed to remove excessive soiling.
- You should use the hottest wash that will not damage the clothing.

## What happens after I go home?

If you are a carrier, no special measures or treatment are required when you go home. If you are admitted to hospital, or see any other healthcare professional you should let the staff know that you are or have been a carrier.