**NSHA ANTIMICROBIAL STEWARDSHIP**

**5 MINUTE UPDATE**

http://www.cdha.nshealth.ca/nsha-antimicrobial-stewardship

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**Clostridioides (Clostridium) difficile Infection in Adults**

- **New C. difficile guidelines** available on our website

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**C. difficile infection in adults**

**Prescribe antibiotics carefully:**
- especially clindamycin, fluoroquinolones, ceftriaxone, meropenem
- STOP antibiotics if not needed
- NARROW antibiotic choices

**Test for C. difficile when appropriate:**
- Unexplained and new-onset ≥3 unformed stools in 24 hours
- Consider other causes of diarrhea (laxatives, stool softeners, oral magnesium)
- Do NOT routinely perform test of cure (can remain positive even if cured)
- Do NOT test or treat if asymptomatic

**Identify and Treat**
- ISOLATION and start TREATMENT if:
  - test positive,
  - substantial delay in laboratory confirmation is expected, or
  - severe infection
- Prompt consideration for COMPLICATIONS:
  - X-ray, General Surgery consultation, ID consultation

**Drugs that can be dangerous**
- Avoid opioids and antimitotility agents (e.g. loperamide)
- Consider discontinuing proton pump inhibitors if appropriate

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**C. difficile is everyone’s responsibility**

See our new guidelines