

CEDAR VALLEY
Digestive Health Center

C. Diff Care Instructions (Clostridium Difficile)

These instructions must be followed once you have started antibiotic therapy to treat C. Diff.

Always wash hands with soap and warm water. DO NOT use hand sanitizers, they are ineffective for this bacteria. C. Diff can be anywhere in the home.

Supplies needed to thoroughly clean your bathroom and home/room:

- Bleach
- Water
- Rubber Gloves
- Bucket
- Measuring Cup
- Clean Rags
- Clean Sponge
- Trash bags

It is very important that you use bleach and not a different cleaning agent (including bleach wipes).

1. For your protection, wear rubber gloves throughout the cleaning process and dispose of gloves when done.

- **Prepare cleaning solution. In a bucket, mix 1 cup of bleach into 9 cups of water.**
- **Wet the sponge in the bleach mixture and scrub everything hard.**
- **Continue to rinse and rewet sponge frequently while cleaning**

2. Clean all areas that may have been contaminated by stool or dirty hands:

- Doorknobs
- Toilet
- Shower/Tub
- Sink/Faucet Handles
- Cell Phones & Frequently Used Technology

3. Allow Surfaces that have been cleaned to dry for 10 minutes before using again.

4. Once you are done cleaning all the areas you believe could have been contaminated; dispose of gloves, sponge and rags in a single garbage bag and throw away in an outside garbage can.

5. Wash all bedding and contaminated clothing in warm water with regular detergent and ¼ cup bleach.

6. Finally, wash your hands with soap and warm water up to your elbows in a different sink.

If you are going to be started on antibiotics for other illnesses, let the doctor know that you have had C. Diff. and ask if there is another alternative or if probiotics should be taken.