

Patient information

Glutamate Dehydrogenase Colonisation

Infection Prevention and Control Team

What is it?

GDH is the abbreviation for Glutamate dehydrogenase, which is a chemical found in *Clostridioides difficile* (C.diff).

If you have a stool sample which is positive for GDH, it indicates the presence of C-diff bacteria in your bowel.

The lab will complete further testing on the stool sample to detect whether the bacteria is causing infection by producing toxins.

If this second test shows that you do not have the toxins present, this means you do not have a C-diff infection, but that you do carry C-diff bacteria in your bowel.

How may I get it?

C. diff is carried in the bowel of a proportion of healthy adults. Antibiotics or bowel surgery may disrupt the natural balance of bacteria in the bowel and allow *Clostridioides difficile* to multiply.

What will happen to me if I have it?

If you have diarrhoea you will be asked to move into a side room. You will be given either a designated toilet or the use of a commode.

Staff will wear aprons and gloves when they enter the side room.

The hand rub will be removed as it is not the most effective way of cleaning hands contaminated with *Clostridioides difficile*.

You must wash your hands with soap and water after using the toilet and before eating.

If you cannot wash your hands the nurse looking after you should assist you. Please encourage your visitors to do the same.

How is GDH treated?

If possible, any antibiotics will be reviewed and stopped. Your doctor may decide to give specific antibiotics to treat GDH.

It is important that you drink plenty of fluids to replace the salts lost while having diarrhoea. You must let nursing staff know each time you go to the toilet to have your bowels open so they can monitor you closely.

What happens after treatment?

If you have a relapse of diarrhoea and pain, and you are still in hospital tell the nurse immediately. If you are at home, contact your GP for advice.

An alert will be placed on your hospital records which will alert healthcare staff of your previous infection. Therefore, if you need antibiotics you can be given the correct treatment.

Can I have visitors?

Yes, you can. Your visitors will need to wash their hands with soap and water when entering and leaving your room. They are not required to wear an apron or gloves unless helping you with your care needs.

If your visitors are visiting other sick people in the hospital, please ask them to visit you last.

Laundry

Patients' laundry can be taken home and washed as normal.

If your own clothing does become soiled it will be placed in a plastic bag in the locker to be taken by relatives and laundered.

Wash these clothes separately on the hottest wash suitable for the garment. Remember to wash your hands after handling soiled linen.

What if someone is pregnant?

They are at no more risk than any other visitor.

What should I do if I am discharged home?

Complete your course of GDH treatment as directed by the hospital.

If you still have symptoms, such as diarrhoea;

- Ensure that you drink enough fluids to avoid dehydration.
- Wash your hands with soap and water often, particularly after using the toilet and when preparing food.
- Clean household surfaces frequently using disinfectant.

Contact your GP if your symptoms do not go away, or they come back, even after treatment.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is appreciated.

Further information

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