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Caring for You

If you would like more information:

- Ask your hospital doctor or nurse
- Ask to speak to the Infection Prevention and Control Nurse
- Ask your GP for more advice.

Infection Prevention Team 2016



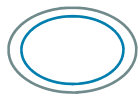
United Lincolnshire Hospitals **NHS**
NHS Trust

Glutamate Dehydrogenase GDH POSITIVE



Patient Information Leaflet
Infection Prevention Team





Glutamate Dehydrogenase

GDH positive

Information for patients and relatives

What is GDH and what does this positive result mean for me?

GDH is a chemical produced by the Clostridium difficile bug (C.diff).

C.diff lives in the gut of around 3% of the population.

Your stool (poo) has been tested and has shown you carry the GDH chemical in your gut. This means you are a **carrier** of the C.diff bug. It does NOT mean you have a C.diff infection.

Certain antibiotics and other medicines can make the C.diff bug cause you an infection.

Your doctor will review your medication and make any necessary changes especially to any antibiotics you may be taking.

Some antibiotics can cause the production of toxins of the C.diff bacteria in patients who are GDH positive. It is OK to ask your Doctor to explain about the antibiotics you are being given.

What symptoms can I expect with a GDH positive result?

The majority of patients do not have any symptoms.

However, one or more of the following may be experienced:

- Watery, foul smelling diarrhoea
- Some patients experience abdominal (stomach) pain (mild to moderate)
- Some patients may get a temperature.

If you develop diarrhoea and/or pain in your stomach, please inform a member of nursing staff or your GP if you are at home.

Preventing the spread of the bacteria to others

It is important to wash your hands thoroughly with **soap and water** after using the toilet or commode and before eating.

If you are GDH positive you will, if available, be nursed in a single room for your stay in hospital. Staff will wear gloves and aprons, when helping you to wash, toilet and dress. This prevents the spread of the bug to other people.

Staff should always wash their hands before and after contact with you.

What to do when you go home

Always wash your hands:

- Before preparing food
- Before eating
- After using the toilet

Always tell your GP you are a C.diff carrier when you go to see them.