

Treatment of suspected or confirmed *Clostridioides difficile* (C.diff) Infection (CDI) in adults (>18years)

1st Episode

mild/moderate or severe infection

1st Line Option

Oral vancomycin 125mg Four times a day
Duration : 10 days

2nd Line Option:

Patients who fail to improve after 7 days or worsen with oral vancomycin

Discuss with infection specialist

(choice may depend on clinical setting)

Oral Fidaxomicin 200mg twice a day

Duration : 10 days

OR

Oral vancomycin 500mg

Four times a day

With or without

IV metronidazole 500mg

Three times daily

Duration : 10 days

(IV metronidazole can be reviewed and discontinued if patient improving)

Life threatening infection

Seek urgent specialist advice , including surgical review

Life-threatening CDI is when a patient has any of the following attributable to CDI:

admission to ICU, hypotension with or without need for vasopressors, ileus or significant abdominal distension, mental status changes, WBC ≥ 35 cells or $< 2 \times 10^9$, serum lactate greater than 2.2 mmol/L or end organ failure (mechanical ventilation, renal failure).

Specialists may offer:

Oral vancomycin 500mg

Four times a day

With or without

IV metronidazole 500mg

Three times daily

Duration : 10 days

(IV metronidazole can be reviewed and discontinued if patient responds well)

Recurrent infection

1st Recurrence

Within (\leq) 12 weeks
(Relapse)

If initial treatment course wasn't completed treat as 1st episode

Oral fidaxomicin 200mg
Twice a day
Duration : 10 days

More than ($>$)12 weeks
(recurrence)

Oral vancomycin 125mg
Four times a day
Duration : 10 days

2nd Recurrence

Discuss with infection specialist and consider:

Faecal microbiota transplant (FMT)

(Supply: [FMT - University of Birmingham](#))

Pulse/tapered vancomycin if FMT not available

Review and document severity of disease DAILY

- Evidence of severe colitis in CT scan or X-ray
- Temperature $> 38.5^{\circ}\text{C}$
- Suspicion of/confirmed pseudomembranous colitis, toxic megacolon or ileus
- Acute rising serum Creatinine $> 1.5 \times$ baseline
- WBC $> 15 \times 10^9 /\text{L}$

Advise on:

- drinking enough fluids to avoid dehydration
- preventing the spread of infection
- seeking medical help if symptoms worsen rapidly or significantly at any time