TALKING TO YOUR DOCTOR ABOUT ANTIBIOTICS AFTER C. DIFF

PEGGY LILLIS FOUNDATION
FOR C. DIFF EDUCATION & ADVOCACY

For C. diff survivors, it can be scary to visit a healthcare setting–especially if you're worried about taking antibiotics. If you've struggled to talk about antibiotics with your doctor after C. diff, this guide is for you.

MAKING THE MOST OF YOUR APPOINTMENT

BE PREPARED

Prepare for your visit by **writing down*** your medical history, including any medications or supplements you take.

BE BRIEF

Doctors see a lot of patients, so the time they have to see you might be short. Make sure you're sharing your biggest concerns **quickly.**

BRING A FRIEND

Bring a **family member or friend.** They can help you feel more comfortable and remember things that you and your doctor talk about.

For more information, visit **cdiff.org/for-patients.**

MY DOCTOR WANTS ME TO TAKE AN ANTIBIOTIC. WHAT SHOULD I DO?

Don't be afraid to ask your doctor if they're trying to **treat or prevent a bacterial infection.** Antibiotics don't treat other kinds of infections. If they're not sure, you can ask about doing more testing or looking into other treatment options.

Your risk of getting C. diff again may also be **much lower** than the risk of injury or death without antibiotics. You and your doctor should consider these things when talking about whether or not you need antibiotics.

CAN I TAKE ANYTHING TO PREVENT C. DIFF?

If you need to take antibiotics, you can talk to your doctor about ways to prevent C. diff with other medications. They might be willing to give you a drug like **vancomycin or fidaxomicin** at the same time, to keep you from getting another C. diff infection.

*SEE OTHER SIDE FOR THE C. DIFF HISTORY CHECKLIST ▶▶▶

MY C. DIFF HISTORY

Did you have **one** C. diff infection or **multiple** C. diff infections?

◯ one C. diff infection ◯ multiple C. diff infections

How long ago were you first diagnosed with C. diff, and when was it resolved?

Defining a cure can be complicated, so it might be more helpful to list the last time you tested positive for C. diff, or if your symptoms stopped at a certain point in time. If you're not sure, you can make your best guess at the dates.

Diagnosed __/__/____ Resolved __/__/____

What was used to treat your C. diff infection(s)?

Check all that apply.

- ☐ vancomycin
- ☐ fidaxomicin (DIFICID®)
- ☐ metronidazole (FLAGYL®)
- ☐ live-jslm (REBYOTA®)
- ☐ live-brpk (VOWST®)
- ☐ fecal microbiota transplant (FMT)

Other: _____

In your opinion, which treatment(s) worked the best?

_____

Have you taken any antibiotics since your C. diff resolved?

◯ yes ◯ no

If yes, did you experience another C. diff infection after taking the antibiotics?

◯ yes ◯ no

After your first C. diff infection were you ever given a medication to prevent it from coming back?

◯ yes ◯ no

Are you currently on any medication, including vancomycin or fidaxomicin, to prevent C. diff?

◯ yes ◯ no

Do you have any new symptoms, such as food sensitivities or Irritable Bowel Syndrome (IBS), since your C. diff resolved?

Symptoms of IBS can include abdominal pain or cramps, excessive gas and bloating, diarrhea and/or constipation.

- ☐ I now have food sensitivities/intolerances
- ☐ I now experience symptoms of IBS
- ☐ I haven't suffered from any of these since my C. diff resolved

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