

# Accessing Treatment for *Clostridioides difficile* Infection (CDI) in Primary Care

**Diarrhoea + positive stool test for *C. difficile***

- Review all medication the patient is on
- Stop non-CDI antibiotics/ precipitating antibiotics if clinically appropriate
- Stop anti-motility agents and laxatives
- Review and consider stopping PPIs, Diuretics, ACE-I and NSAIDs

**It is recommended that all cases of *C difficile* in primary care are discussed with a microbiologist prior to commencing treatment. In particular if:**

- Severely unwell, or symptoms or signs worsen rapidly or significantly at any time
- Infection is life threatening
- The risk of complications or recurrence is high because of individual factors such as age, frailty or comorbidities

**Abbreviations**  
**CDI:** *C. difficile* infection  
**PPI:** proton pump inhibitor  
**ACE-I:** angiotensin-converting enzyme inhibitor  
**NSAIDs:** non-steroidal anti-inflammatory drugs

**CDI that does not require hospitalisation and can be treated in the community**

**First episode**

**First line**  
 Oral vancomycin 125mg QDS for 10 days

**Second line\***  
 Oral fidaxomicin 200mg BD for 10 days

**Recurrent CDI diarrhoea**

**≤12 weeks since symptoms resolution**  
 Oral fidaxomicin 200mg BD for 10 days

**>12 weeks since symptoms resolution**  
 Oral vancomycin 125mg QDS **OR** Oral fidaxomicin 200mg BD for 10 days

**More than 2 episodes**  
 Seek Microbiologist advice

\*Please note: diarrhoea may take 1 to 2 weeks to resolve  
 Please see NICE NG199 [Visual Summary \(nice.org.uk\)](https://www.nice.org.uk/guidance/ng199) for further information.

## Treatment of CDI in children and young people under 18

- As per the recent NICE guidelines (2021), we recommend that treatment should be provided or guided by a specialist (microbiologist, paediatric infectious diseases, paediatric gastroenterologist)
- Oral antibiotics should be offered, with the choice of agent based on adult treatment recommendations with reference to licenced indications for children and adolescents.

## Supportive Care








- Prebiotics and probiotics are not recommended for the treatment or prevention of CDI
- Where a liquid vancomycin preparation is required prescribe fidaxomicin granules instead of vancomycin capsules. See link [to the specialist pharmacy service Oral treatment options for Clostridium difficile](#)
- Please see NICE advice on supportive care in gastroenteritis in [adults](#) and [children](#)

## Appendix 1. Assessing severity of CDI

<b>Non-severe CDI</b>	Associated with a raised WCC that is less than 15x10 <sup>9</sup> /L. Typically associated with fewer than 5 stools of type 5 to 7 on the Bristol Stool Chart (see Appendix 2) per day.
<b>Severe CDI</b>	Associated with a WCC greater than 15x10 <sup>9</sup> /L, or an acute rising serum creatinine (that is greater than 50% increase above baseline), or a temperature of more than 38.5°C, or evidence of severe colitis (abdominal or radiological signs). The number of stools may be less reliable indicator of severity.
<b>Life-threatening CDI</b>	Includes hypotension, partial or complete ileus or toxic megacolon, or computerised tomography (CT) evidence of severe disease such as fulminant colitis. Elevated blood lactate greater than 5mmol/L is a poor prognostic sign.

## Appendix 2. Bristol stool chart

This table shows different stool types, with pictures and verbal descriptions.

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces, a mushy stool
Type 7		Watery, no solid pieces, entirely liquid

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### Appendix 3. Microbiology

All suspected or confirmed cases of C. difficile should be discussed with a microbiologist for advice on management and treatment options prior to initiating treatment.

The urgency with which treatment should start must be determined by the clinician caring for the patient based on a risk assessment carried out for the patient. If the risk assessment determines that immediate treatment is required, then the patient should be advised to access one of the pharmacies participating in the Urgent Medicines Service as per Appendix 4.

On call Microbiologists can be contacted via the hospital switchboard numbers below:

Trust	Hospital Switchboard Number
<b>East Kent Hospitals University NHS Foundation Trust</b>	Kent and Canterbury Hospital: 01227 766877
	Queen Elizabeth The Queen Mother Hospital: 01843 225544
	William Harvey Hospital: 01233 633331
<b>Dartford and Gravesham NHS Trust</b>	Darent Valley Hospital: 01322 428100
<b>Medway NHS Foundation Trust</b>	Medway Maritime Hospital: 01634 830000
<b>Maidstone and Tunbridge Wells NHS Trust</b>	Maidstone Hospital: 01622 729000
	Tunbridge Wells Hospital at Pembury: 01892 823535

### Appendix 4. Accessing Medication for CDI

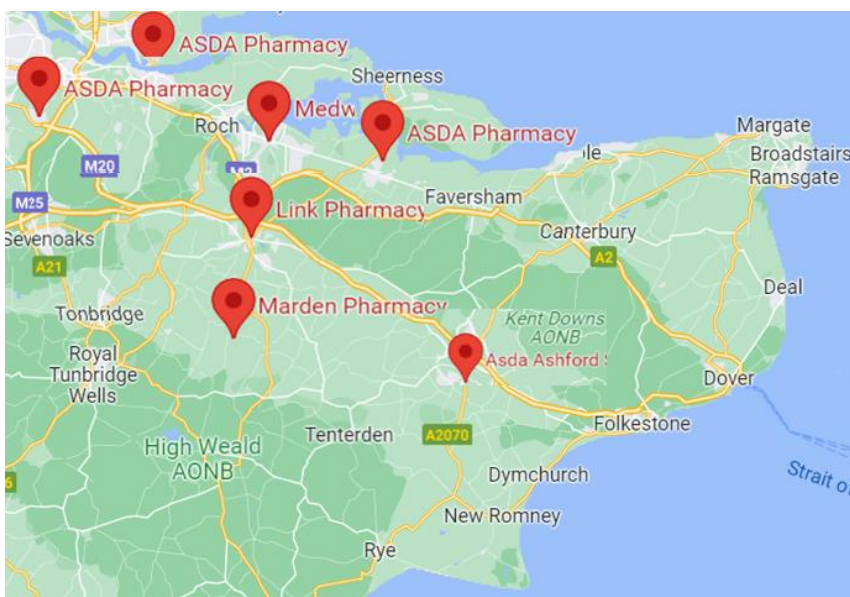
Community pharmacies do not routinely hold stock of vancomycin capsules and fidaxomicin tablets or granules. These medicines can be obtained through routine dispensing routes by community pharmacies from wholesalers on the same day during a working week as most community pharmacies receive twice daily delivery from wholesalers during weekdays and on Saturday mornings.

There are eight pharmacies (two within each health and care partnership) that will hold stock of vancomycin capsules and fidaxomicin tablets to cover one course of treatment through a commissioned Urgent Medicines Service

This service is designed to cover the supply of these medicines in cases of clinical urgency in primary care where there is a need to start treatment immediately or at weekends/bank holidays and out of hours when no same day deliveries by wholesalers are made.

Details of these Pharmacies can be found below. It is advisable for patients to contact their chosen pharmacy before travelling to confirm that the medication is available, and that the pharmacy will be open at the time they plan on attending.

These FP10 prescriptions will be associated with a prescription cost at the time of dispensing unless the patient is eligible for [free NHS prescriptions](#).



Pharmacy's where CDI Medication is available

	East Kent	West Kent	Medway & Swale	Dartford, Gravesham & Swanley
<b>Pharmacy 1</b>	<p><b>ASDA Ashford</b> ODS Code: FQ778</p> <p>Kimberley Way Ashford Kent TN24 0SE</p> <p>01233 655010 <a href="mailto:pharmacy.fq778@nhs.net">pharmacy.fq778@nhs.net</a></p> <p><b>Opening hours:</b> Mon 08:00 - 23:00 Tue to Fri 07:00 - 23:00 Sat 07:00 - 22:00 Sun 10:00 - 16:00</p>	<p><b>Link Pharmacy</b> ODS Code: FMW71</p> <p>88A King Street Maidstone Kent ME14 1BH</p> <p>01622 752990 <a href="mailto:nhspharmacy.maidstone.linkpharmacyltd@nhs.net">nhspharmacy.maidstone.linkpharmacyltd@nhs.net</a></p> <p><b>Opening hours:</b> Mon to Fri 06:00 - 23:00 Sat 06:00 - 21:00 Sun Closed</p>	<p><b>ASDA Sittingbourne</b> ODS Code: FQ129</p> <p>Mill Way - Trinity Trading Estate Sittingbourne Kent ME10 2PD</p> <p>01795 412110 <a href="mailto:pharmacy.fq129@nhs.net">pharmacy.fq129@nhs.net</a></p> <p><b>Opening hours:</b> Mon to Sat 6:00 – 22:00 Sun 10:00 -- 6:00</p>	<p><b>ASDA Gravesend</b> ODS Code: FWW55</p> <p>Thames Way Gravesend Kent DA11 0DQ</p> <p>01474 543410 <a href="mailto:nhspharmacy.gravesend.asdapharmacyfw55@nhs.net">nhspharmacy.gravesend.asdapharmacyfw55@nhs.net</a></p> <p><b>Opening hours:</b> Mon 8:00 - 23:00 Tue to Fri 7:00 - 23:00 Sat 7:00 - 22:00 Sun 10:00-16:00</p>
<b>Pharmacy 2</b>	<p><b>ASDA Broadstairs</b> ODS Code: FWL90</p> <p>Westwood Road Broadstairs Kent CT10 2NR</p> <p>01843 608010 <a href="mailto:pharmacy.fw90@nhs.net">pharmacy.fw90@nhs.net</a></p> <p><b>Opening hours:</b> Mon – Sat 9:00 – 21:00 Sun 10:00-16:00</p>	<p><b>Marden Pharmacy</b> ODS Code: FNH47</p> <p>2High Street Marden Kent TN12 9DP</p> <p>01622 831495/804618 <a href="mailto:nhspharmacy.2highstr.mardenphafnh47@nhs.net">nhspharmacy.2highstr.mardenphafnh47@nhs.net</a></p> <p><b>Opening hours:</b> Mon to Fri 09:00-13:00 &amp;14:00-18:00 Sat 09:00-13:00 Sunday Closed</p>	<p><b>Medway Pharmacy</b> ODS Code: FN425</p> <p>465 Canterbury St Gillingham Kent ME7 5LJ</p> <p>01634 575805 <a href="mailto:pharmacy.fn425@nhs.net">pharmacy.fn425@nhs.net</a></p> <p><b>Opening hours:</b> Mon to Sun 07:30 - 22:00</p>	<p><b>ASDA Swanley</b> ODS Code: FM106</p> <p>London Rd Swanley Kent BR8 7UN</p> <p>01322 668526 <a href="mailto:pharmacy.fm106@nhs.net">pharmacy.fm106@nhs.net</a></p> <p><b>Opening hours:</b> Mon to Fri 6:00 - 12:00 AM Sat 6:00 - 22:00 Sun 10:00 - 16:00</p>