

Should I take any special precautions when I go home?

When outside the hospital you should continue with your normal activities and interactions with family and friends.

Good hand washing after using the bathroom, or before preparing food is recommended.

You do not need any special cleaning products for keeping your bathroom clean. Your regular cleaning products are satisfactory.

If you have a urinary catheter, wash your hands before and after touching it.

Laundry should be carried out as normal. If clothing/bedding is soiled, wash separately at highest temperature for these items. Remember to wash your hands after touching laundry.

What happens if I come back into hospital?

On any future hospital admissions please inform the healthcare staff of your diagnosis of ESBL bacteria. Show them this leaflet, so that you will receive the best care for you.

Where can I find out more information?

You can get more information from the healthcare staff looking after you. Any concerns should be discussed with your clinical team.

Useful Websites:

Health Protection Scotland

<http://www.hps.scot.nhs.uk>

NHS Fife provides accessible communication in a variety of formats including for speakers of community languages or for those who require easy read versions. Formats are also provided for those who speak BSL or read Braille. A text messaging service is available for those who are Deaf or Hard of Hearing which will help you communicate with NHS services.

To find out more about accessible formats and the text messaging service contact

fife-UHB.EqualityandHumanRights@nhs.net

or phone 01592 729130



ESBL

Extended Spectrum Beta-Lactamase

Information for hospital patients
and visitors



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What is an ESBL?

ESBL stands for Extended Spectrum Beta-Lactamase. These are enzymes, which are normally produced by bacteria such as E. coli and Klebsiella, which live in the guts of all animals.

The enzymes can make infections more difficult to treat by breaking down certain antibiotics and making the antibiotics ineffective against the infection.

What types of infections are caused by ESBL-producing bacteria?

ESBL-producing bacteria most commonly cause infections in the urinary tract (UTI), infections in the abdomen and the blood stream.

Sometimes people can carry ESBL bacteria in the gut without showing any symptoms. This is referred to as colonisation and does not require treatment.

Can infections with ESBL-producing bacteria be treated?

Yes, whilst ESBLs are resistant to a number of antibiotics, there are still options available should a person show symptoms of a clinical infection. On occasion intravenous (IV) antibiotics may be required to treat the infection.

What are the risks for carrying these bacteria?

Certain risk factors are associated with carrying the ESBL-producing bacteria in the gut

- Urinary catheters
- Frequent and repeated use of antibiotics
- Chronic sores or ulcers
- Frequent or long term in-patient hospital or nursing home care

How can the spread of these bacteria be prevented?

- Good hand hygiene especially after going to the toilet and before preparing food
- Maintain a clean environment, especially toilets
- Avoid touching catheters or other indwelling medical devices where possible.

Will I need special precautions when I am in hospital?

When in hospital you may be cared for in a single room.

Staff caring for you will wear aprons and gloves whilst carrying out care.

All staff should perform appropriate hand hygiene at the correct opportunities.

Enhanced cleaning of the care environment will be undertaken to maintain a clean and safe environment.

Please do not unnecessarily touch any medical devices or wounds that you may have.

Advice for visitors

Visitors should wash their hands or use the alcohol based hand rub (hand gel) before entering the patients room and again when leaving.

Visitors should not sit on the patients bed or use the patients toilets.

Visitors are not required to wear aprons and gloves whilst visiting.