



Will I get rid of ESBLs?

Your body may clear ESBLs from the bowel as you recover, but this is not always the case, and it may remain in the bowel for some time. Taking antibiotics can encourage ESBLs to grow in the bowel again, so they should only be taken when prescribed to treat infection. Antibiotics are available to treat ESBL infections but they will not clear ESBLs from the bowel.

What can I do to help?

It is very important to tell your nurse or doctor when you are admitted if you have a history of ESBL.

Remember good hand washing practice limits the spread of infection.

If a patient has *ESBL* we may share that information with other hospitals. The Patient should also inform their carers of the result on admission to another hospital. This will help to stop the spread of ESBLs.

How can I contact a member of the Infection Prevention & Control Team?

Tell the Clinical Nurse Manager or nurse looking after you if you would like to speak to a member of the Infection Prevention and Control Team and they will contact us

Additional information can be found at :

<http://intranet.tuh.ie/departments/IPC/Pages/home.aspx>

www.hse.ie/infectioncontrol

We have made every possible effort to make sure that all the information provided in this leaflet is true, accurate, complete and up to date at the time of publication.

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Tallaght
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An Academic Partner of Trinity College Dublin

PATIENT
INFORMATION
LEAFLET

ESBLs

(Extended-spectrum β -lactamases)





What is ESBL?

Extended-spectrum β -lactamases (ESBLs) are bacterial enzymes that produce resistance to some of the most widely used antibiotics. ESBLs can be found in Gram negative bacteria such as *E. Coli*.

How can ESBLs be spread?

ESBLs can be spread very easily.

The following is a list of examples:

- Person to person
- Poor Hand Hygiene
- The Environment
- Patient care equipment

How can you tell that I have an ESBL?

A swab from your skin or other samples requested by your doctor such as urine, wound or stool specimens are sent to the Microbiology Laboratory for testing and the report will be sent back to your doctor

What treatment will I need?

Your doctor will decide what treatment you require depending on whether you are colonised or infected. ESBL bacteria can be found in normal healthy people and may not require any treatment, this is called colonised. If you have an infection your doctor may advise antibiotic therapy.

Do I have to stay in hospital longer?

Most patients who are colonised (i.e. no infection) can be discharged from hospital. If you have an infection you may have to stay in hospital until you are finished your antibiotics and are feeling better. It is important to complete prescribed treatment.

Can my family and friends visit me while I'm in hospital?

Yes, all visitors should clean their hands before and after they visit you. Visitors do not need to wear aprons and gloves. Visitors should not sit on the bed. If your visitor has a long term health condition they should speak to a member of the nursing staff before visiting you. ESBLs do not cause diarrhoea but because they live in the bowel, they may be spread more easily if you are suffering with diarrhoea.

Please tell your visitor not to visit other Patients during and after their visit with you.

Are there any risks to my family at home?

It is very important to:

- Continue good hygiene including frequent hand hygiene particularly after using the bathroom, before preparing food and before eating.
- Contact with family and friends who are healthy poses no risk.
- Encourage good hand hygiene.
- Bed linen and personal clothing should be washed and changed as normal.

How can ESBLs be prevented from spreading in the hospital?

The Infection Prevention and Control Nurse will notify the ward manager or nurse in charge if an ESBL has been diagnosed by the Laboratory.

You may be moved to a single room with en-suite facilities for infection control precautions.

A blue sign will be placed on your door.

Healthcare workers caring for you will be wearing apron or gowns and gloves when caring for you. The healthcare worker will remove these items and clean their hands after caring for you.

