Antibiotic Associated Diarrhea

What is it?

- Taking antibiotics may cause diarrhea.

- Often, the diarrhea is mild and goes away when you finish taking the antibiotic.

- Some people may get a more serious type of diarrhea.

How can I prevent it?

- If you can have dairy products while taking antibiotics, eat a serving of good quality low sugar yogurt 2 times a day. Continue eating yogurt for 7 days after you have taken all of the antibiotics.

- When taking certain antibiotics, you cannot have dairy products. Check with your pharmacy. If this is the case, start eating yogurt after you have finished all of the antibiotics. Eat 2 servings of yogurt 2 times a day.

Is there treatment for it?

- Do not take any medication used to stop diarrhea such as Immodium™ or Kaopectate™ without talking to your doctor.

- Mild diarrhea may stop as soon as the current antibiotic(s) are no longer taken.

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Talk with your doctor or health care provider right away, if you have:

- Severe and/or bloody diarrhea, abdominal (stomach) pain or fever. Tell them you are taking antibiotics.

- Diarrhea that continues after you finish taking the antibiotics.

- Diarrhea that starts after you finish taking antibiotics.

For more information visit:

Public Health Agency of Canada

http://www.phac-aspc.gc.ca/id-mi/cdiff-eng.php

Eat Right Ontario

http://www.eatrightontario.ca/en/Articles/Probiotics/prebiotics/The-Pros-of-Probiotics.aspx

Mayo Clinic

https://www.mayoclinic.org/diseases-conditions/antibiotic-associated-diarrhea/symptoms-causes/syc-20352231

Adherence to Infection Prevention and Control measures by staff <u>and</u> visitors is required to prevent spread of the infection.

Stop the spread of germs and infection. Clean your hands.

This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.