

# Provincial Drugs & Therapeutics Antimicrobial Stewardship Subcommittee

Provincial Laboratory Services | Microbiology Division  
[www.healthpei.ca/src/microbiology](http://www.healthpei.ca/src/microbiology)

May 2, 2018

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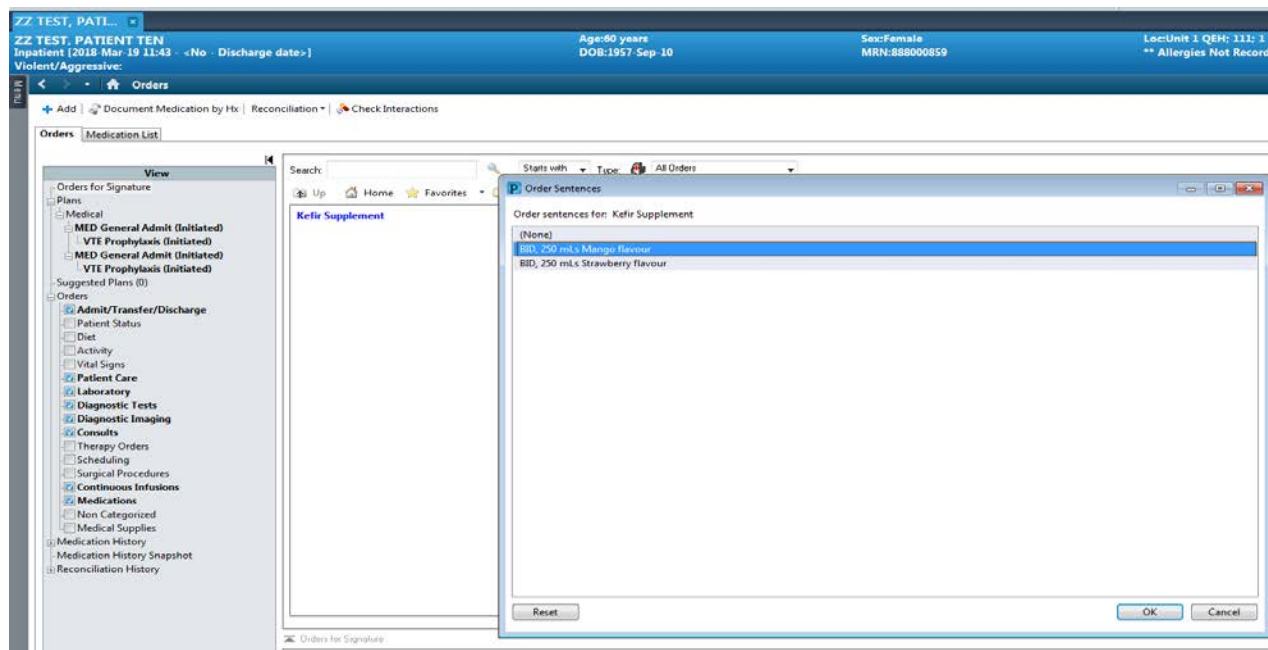
**This information applies to: Physicians, Nurse Practitioners, Nursing, Nutrition Services and Pharmacy**

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Kefir is a probiotic yogurt drink similar in contents to an advanced probiotic capsule, and is used for prevention and management of *C. difficile*. This would include non-ICU patients on antibiotics that affect the gut anaerobes, specifically clindamycin, amoxicillin-clavulanic acid & piperacillin-tazobactam.

Previously, Kefir order sentences were not available in the Clinical Information System (CIS) and clinicians were required to enter the order as a Miscellaneous Medication with a free text to dietary. The Antibiotic Stewardship team has worked with Nursing, Pharmacy, Nutrition Services and the CIS team to develop an improved ordering process. Kefir will now be ordered similarly to a dietary supplement. The order appears on the "Orders" page and is charted through the "Adult Activities of Daily Living" tab. The amount ingested is also viewable on the "Ins and Outs" page.

## Orders:



## I & O:

2018-Apr-09 08:00 - 2018-Apr-12 07:59												
Today's Intake: 130 mL		Output: 0 mL		Balance: 130 mL		Yesterday's Intake: 0 mL		Output: 0 mL		Balance: 0 mL		
Clinical Range To...	24 Hour Total	2018-Apr-11		2018-Apr-10		24 Hour Total	20:00 - 07:59	08:00 - 19:59	24 Hour Total	20:00 - 07:59	08:00 - 19:59	24 Hour Total
		20:00 - 07:59	08:00 - 19:59	20:00 - 07:59	08:00 - 19:59							
Intake Total												
▶ Oral												
▶ Supplement												
	130					130						130
▶ Output Total												
▶ Urine Output												
▶ Stool Output												
Balance 130 mL												

Kefir is available in Strawberry or Mango flavor (choice not available at every site) and is typically dosed as 1 cup twice daily.

**Please no longer order Kefir as a Miscellaneous Medication or free text order to nurse or dietary.**