

Provincial Laboratory Services



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Health PEI
One Island Health System

Provincial Drugs & Therapeutics Antimicrobial Stewardship Subcommittee July 30, 2019

This information applies to: PEI Physicians, Nurse Practitioners and Pharmacists

From: Dr. Greg German and Fiona Mitchell, Co-chairs of PD&T Antimicrobial Stewardship Subcommittee

Re: Updated *Clostridioides (Clostridium) difficile* Infection Treatment Guidelines in Adults

“Cdiff” has changed its genus name to *Clostridioides*. More importantly, the province has updated the enclosed *Clostridioides (Clostridium) difficile* (Cdiff) Treatment Guidelines. They take into account the latest national (USA and Canada) guidelines and were further modified by a well-represented group of Physician Reviewers before reaching final approval by the Provincial Drugs & Therapeutics Committee.

This may change your practice for adults:

- **Vancomycin is always preferable to metronidazole** for treatment of Cdiff and is now available as an open benefit on all provincial drug plans. Patients ordered oral vancomycin in hospital will still receive the injectable product to be taken orally, as a cost-saving measure.
- **Treatment of Cdiff recurrence now includes either a more robust vancomycin pulse regimen OR fidaxomicin.** Note that fidaxomicin is only covered on provincial drug plans for a second recurrence of Cdiff.
- **Probiotics are strongly recommended to prevent Cdiff (in adults) taking antibiotics.**
 - There is no one type of probiotic that is clearly better than the rest. Expert opinion favors Kefir for non-diabetic patients.
 - Separating the dose of probiotics from the antibiotic dosing schedule is not generally required.

See full guideline for a list of antibiotics more commonly recognized as causing Cdiff. Health PEI micro guidelines can be found online at <https://src.healthpei.ca/microbiology>. For any questions please contact Greg German (Infectious Disease Consultant and Health PEI Medical Microbiologist; 894-2515; GJGerman@ihis.org) or Fiona Mitchell (Provincial Antimicrobial Stewardship Pharmacist; 894-2587; fcmitchell@ihis.org).

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