

GASTRO-INTESTINAL TRACT INFECTIONS

Infectious Diarrhoea

Organisms

Bacterial:

- *Salmonella sp*
- *Campylobacter sp*
- *Shigella sp*
- *E. coli 0157*

Or other enterotoxigenic:

- *E coli*
- *Clostridioides difficile* (if recent antibiotic therapy or therapy with Proton Pump Inhibitors).
- *Clostridium perfringens*
- *Staphylococcus aureus*
- *Bacillus cereus* responsible for some cases of food poisoning.

Viral infections are particularly common in young adults. If not resolving after 4 days take a stool sample as unlikely to be viral.

Indicate if the patient has **travelled abroad** or is a known contact so that other specific pathogens are looked for on a stool sample. Also indicate if the patient has been on **antibiotics** within 4 weeks of onset so that *C. difficile* is tested for.

Fluid replacement is essential. **Most bacterial infections are self-limiting.** Antibiotics only reduce the duration by 1-2 days, can select for resistance and are contraindicated in patients with *E.coli* 0157 where they enhance toxin release leading to haemolytic uraemic syndrome.

Antibiotics are not required routinely. They should only be considered if the patient has persistent severe diarrhoea or if the patient is elderly or immunocompromised and the case should be discussed with a medical microbiologist as infective agent and antibiotic sensitivity cannot be assumed.

Avoid anti-motility agents acutely, especially for bloody diarrhoea, until an infectious cause has been excluded.

Please notify suspected cases of food poisoning to UKHSA HPT on 0344 2254 524.

Version Control- Infectious Diarrhoea			
Version	Author(s)	Date	Changes
V2.1	Nichola Butcher, MO and Interface Pharmacist	28/08/22	Version control and template updated. HPA changed to UKHSA HPT.