

Title: Antibiotic-associated diarrhea

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Abstract: Antibiotic-associated diarrhea (AAD) is a significant cause of morbidity and mortality. The most common pathogen associated with AAD is Clostridium difficile which is among the leading causes of nosocomial infections. Successful treatment for this condition involves prolonged use of antibiotics or live-stool enemas. Evidence suggests that the use of probiotics has no role in treatment or prevention of this condition.

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## ANTIBIOTIC ASSOCIATED DIARRHEA

- Are antibiotics giving you something more than you bargained for?
- Watery stools and crampy abdominal pain following a course of antibiotics may mean that you have antibiotic-associated diarrhea (AAD)
- This is a common condition and can happen after using most antibiotics.
- It is caused by overgrowth of bacteria known as *Clostridium difficile*.
- Avoiding unnecessary antibiotics is essential for



## HOW CAN I AVOID AAD?

- The best way to prevent AAD is to limit use of antibiotics.
- Beware of false claims from “Probiotic” remedies.
- Probiotics are not useful in preventing or treating AAD
- Do not use antibiotics for the treatment of colds or other viral conditions.
- Treatment may involve long-term use of additional antibiotics eliminate the *C. difficile* bacteria.



Is there  
**Hope?**



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**Yes, though...**

Stool transplants may be needed  
in difficult cases.

