Title: Antibiotic-Associated Diarrhea

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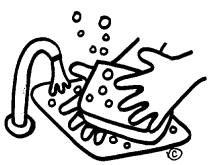
Abstract: Antibiotic-associated diarrhea (AAD) is an important cause of morbidity, mortality and cost in hospitalized patients. Recent RTC's and meta-analyses have shown that administration of a probiotic-containing drink during and after antibiotic treatment may be a cost-effective way to prevent AAD.

Recent research shows yogurt drinks with probiotics may help prevent the development of antibiotic-associated diarrhea. For the best results, the beverage should be taken twice a day while you are on antibiotics and for one week after you have finished the antibiotic course.



To help prevent the spread of bacteria like *Clostridium difficile*, always use proper hand washing techniques after using the restroom and before eating. Wash with soap and warm water for 20 seconds or about the time it takes to sing the alphabet.

For more information:

Antibiotic-associated diarrhea

http://www.mayoclinic.com/health/antibiotic-associated-diarrhea/DS00454

Clostridium difficile

http://www.mayoclinic.com/health/c-difficile/DS00736

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Antibiotic - associated diarrhea

What you need to know

What is antibiotic-associated diarrhea?

This type of diarrhea is caused by antibiotics disrupting the balance of “good” and “bad” bacteria that normally live in our gut. When this happens, the harmful bacteria take over. This can lead to frequent, watery diarrhea.

One bacteria that can cause severe symptoms is called *Clostridium difficile*. It is common in hospitals and is spread by not washing your hands thoroughly.

Risk factors

- Current or recent antibiotic use
- Recent hospitalization
- Age > 65
- Chronic illness, such as cancer or bowel disease
- Living in a nursing home or long term care facility

Symptoms

- Frequent, watery diarrhea
- Abdominal pain and cramping
- Fever
- Stools with mucus or blood
- Nausea
- Dehydration

Treatment

Most often, antibiotic-associated diarrhea is mild and goes away when the antibiotic is stopped. However, the elderly and people with weak immune systems can have more severe symptoms. When this happens, IV fluids and treatment with oral antibiotics are used to restore the natural balance of “good” and “bad” bacteria.