

The *C. diff* Checklist

A quick guide for talking with your doctor

Making sense of a ***C. difficile* (*C. diff*) infection** starts with being open with your doctor about how you are feeling. Some people may find it embarrassing or awkward to talk about the details of *C. diff* symptoms. However, sharing all the facts helps your doctor understand how severe the problem may be, or whether treatment is working as it should.

This ***C. diff* Checklist** is a simple way to start sharing information about your symptoms. Your doctor can use your notes to help recommend what the next steps should be.

GET READY FOR YOUR CONVERSATION

1. **Download and print the checklist**, then check off the symptoms that you have.
2. **Write down notes about your symptoms** that you want to discuss with the doctor.
3. **Share this with your doctor** at your appointment.

MOST COMMON SYMPTOMS



- Watery diarrhea
(circle one: 1 to 3 times/day, 3 or more times/day, More than 10 times/day)
- Abdominal cramps or pain
(circle one: Mild or Severe)
- Nausea
- Fever
- Rapid heart rate
- Loss of appetite
- Swollen abdomen
- Weight loss
- Blood or pus in stool (poop)

Notes for the doctor:

QUESTIONS TO ASK YOUR DOCTOR

If you are experiencing *C. diff* symptoms, don't be afraid to ask for more information so you understand what to expect.

Start with these questions:

- What may have caused *C. diff*?
- Will you be doing a test to confirm *C. diff*?
- What can I do to prevent spreading *C. diff* to other people?
- Can you explain the different treatments for *C. diff*?
- How will I know if the treatment is working?
- Are there any foods or supplements I should eat or avoid while I have *C. diff*?
- Can *C. diff* come back after treatment? Why?
- How can I prevent *C. diff* from coming back?
- What should I do if my symptoms come back or become worse?
- If my symptoms worsen, should I go to the hospital?
- Will the treatment for recurrent *C. diff* be different?
- When can I resume work or daily activities?