

Patient Information Sheet

What are ESBLs?

- ESBL-producing bacteria are a group of bacteria that produce enzymes called 'beta-lactamases'. These enzymes break down commonly used antibiotics so that they don't work, and a different antibiotic may need to be used to treat the infection.
- Some people carry ESBL-producing bacteria but do not have an infection.

How are ESBLs spread?

- ESBL-producing bacteria can be spread to other people directly through touch, if hands are unwashed, or indirectly by contact with soiled equipment and, particularly urine-care equipment such as catheters and urinals.

What infection control precautions are required for ESBLs?

- It is important that infection control precautions are taken to stop ESBL from spreading to other patients in our Hospital. These precautions include:
 - Single room accommodation (the door can remain open).
 - A long-sleeved gown and gloves may be worn by everyone who cares for you.
 - A sign will be placed on your door to remind others who enter your room about the special precautions.
 - The room and the equipment used in the room will be cleaned and disinfected regularly.
 - Everyone who leaves your room must clean their hands well.
 - You must clean your hands before you leave your room.

What about Family/Visitors?

- Your family and loved ones may visit you.
- Visitors should not assist other patients with their personal care, as this may cause the germ to spread.
- Visitors may be required to wear a mask, long-sleeved gown, and gloves while in your room.
- Before leaving your room, visitors must remove the gloves and gown and dispose of them in the garbage container and the linen hamper located in your room and then clean their hands.

What will happen at home?

- If you have ESBL at the time of your discharge from our Hospital, the following practices are recommended:
 - Everyone who might help you with your personal hygiene or with going to the toilet should wash their hands after contact with you.
 - Wash your hands before you make any food and before you eat. This practice should be followed by everyone in the household.
 - Wash your hands well after using the toilet. Make sure others that use the bathroom wash their hands well afterwards. If you share a bathroom at home, clean the toilet and sink at least weekly with a household cleanser.
 - Clothing may be laundered in the usual manner, and along with, the rest of the household laundry.
 - No special cleaning of furniture or items (ex. dishes) in the home is required.
 - Always tell your Physician, Paramedics, Nurses, or other care providers that you have ESBL. This helps prevent spread to others and helps your doctor choose the right antibiotics if necessary.

Good Hand Hygiene Practices



Remind all staff and visitors to practice good hand hygiene before and after they touch you.



Ask your Nurse or Doctor to demonstrate proper hand hygiene techniques:

- 15 seconds of soap and running water OR
- alcohol-based hand rub until hands are dry.



You need to clean your hands:

- after using the bathroom,
- after blowing your nose,
- before eating and drinking,
- before and after you touch your dressing or wounds,
- when your hands are visibly dirty (soiled), and
- before you leave your room.

If you have questions or concerns about ESBLs please contact your primary healthcare provider/Family Doctor.