

What about when I go home?

Whilst there is a chance that you may be a carrier when you leave to go home quite often this will go away with time. No special measures or treatment is needed as any infection will have been treated prior to your discharge.

Should you or a member of your household be admitted to hospital you should let them know that you have been a carrier of CPE.

Please remember

- Hand washing with soap and hot water is key to prevent spreading the infection
- Visitors should report to staff on the ward for advice before entering your room

Contact Information

Infection Prevention and Control Team

Contact Number:

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Any other advice needed whilst at home

- Your Hospital Doctor or Nurse
- Your GP Practice

Review Date: Mar 2019

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**Infection
Prevention and
Control**

CPE

(Carbapenemase Producing Enterobacteriaceae
Producing Organism)



Patient and Relatives Information



What does CPE mean?

CPE stands for Carbapenemase - Producing Enterobacteriaceae. This is a group of bacteria (germs) eg: E.Coli, Klebsiella and Enterobacter that usually live harmlessly in the gut of humans. These are very resistant to antibiotics, including antibiotics called carbapenems. If the bacteria get into the wrong place such as the bladder or bloodstream they can cause infection. Carbapenems are one of the most powerful types of antibiotics. Carbapenemases are enzymes (chemicals) made by some strains of these bacteria which allow them to destroy most available antibiotics.

How did I pick up CPE ?

As these bacteria can live harmlessly in the gut of humans it can be difficult to know where or when you picked it up. There is an increased risk of picking up these bacteria if you have been a patient in certain countries abroad or in a UK hospital either in London or Manchester within the last year. You could also be at risk if you have been identified as a 'contact' with another person who is carrying this bacteria. You will be informed by a member of staff and screening will take place.

What Infections can CPE's cause?

This bacteria can cause infections such as pneumonia, wound infections, bladder or kidney infections and in severe cases bloodstream infections, but they mostly cause no symptoms and live harmlessly in your bowel or on the skin.

How do people get CPE?

Patients who have had a lot of antibiotics are more at risk of having CPE. The more our body's normal bacteria are exposed to antibiotics the more likely they are to develop resistance.

CPE can spread between patients through contact with another patient who has CPE or by touching the contaminated environment which could include bed rails, shared equipment and toilets.

If I have CPE, how will I be cared for whilst in hospital?

You will be isolated in a single room with your own toilet facilities and with isolation precautions in place. These precautions are to help prevent the spread of CPE.

How will samples be taken for CPE?

Sampling for CPE will involve taking a rectal swab. This will be taken by inserting a swab briefly just inside your rectum. Whilst in hospital and dependant on your length of stay this is usually done three times, 48 hours apart. Other areas of swabbing for CPE may include IV sites, wounds that you may have and also catheter sites.

How can the spread of CPE be prevented?

- Being isolated into a single room helps to prevent the spread of the bacteria.
- Healthcare workers should make sure they wash their hands regularly and use gloves and aprons/gowns to care for you.
- The most important step for you to take being the patient is to wash your hands with soap and water especially after going to the toilet.
- Avoid touching any medical devices that you may have such as catheters and intravenous drips where it is inserted into the body or skin.