



CARBAPENEMASE-PRODUCING ENTEROBACTERIACEAE (CPE)

Information Sheet for Patients and Visitors

What is CPE?

Carbapenemase-Producing *Enterobacteriaceae* (CPE) are a type of bacteria that produce enzymes that can break down many types of antibiotics, which makes the bacteria very resistant. *Enterobacteriaceae* are a family of bacteria found in our bowels. You may be at higher risk to test positive for this bacteria if you have received care in hospitals outside of Canada.

How is CPE Spread?

Most people who test positive for CPE have no symptoms of infection, they are simply colonized with CPE (a carrier). The main site of colonization of CPE is the bowel. CPE can be spread from one person to another by unwashed hands or from contact with soiled equipment and surfaces. Infection can occur when CPE enters the body at specific body sites. Since CPE are resistant to many antibiotics, treatment of these infections can be difficult.

What special precautions are required for CPE?

- You will be placed in a private room and a sign will be placed on your door to remind anyone who enters your room that they must clean their hands and wear a long-sleeved gown and gloves
- Healthcare workers and visitors must remove their gown and gloves and clean their hands when they leave your room
- Visitors are not to use your bathroom, eat or drink in your room and should be discouraged from using cell phones or other electronic devices while visiting you
- Body fluids should not be disposed of in the bathroom sink. All fluids such as bath water and urine should be flushed down the toilet
- You should wash your hands after using the bathroom, after blowing your nose, before eating and drinking, before and after you touch your dressing or wounds, and when your hands are visibly dirty (soiled)
- Your room will be cleaned and surfaces disinfected regularly

What will happen at home?

- It is important to wash hands often at home for fifteen seconds each time, especially after using the bathroom and before preparing food. Launder your clothing as you would normally do.
- If you go to another health care facility, visit another doctor or have Home Care services you should tell them that you have CPE.