



## **EXTENDED-SPECTRUM BETA-LACTAMASE PRODUCING BACTERIA Information for Patients and Visitors**

### **What are extended-spectrum beta-lactamase (ESBL) producing bacteria?**

- ESBLs are enzymes produced by bacteria, such as Klebsiella and Escherichia coli
- These enzymes make certain antibiotics ineffective
- The extended-spectrum (third generation) antibiotics affected can be Cefotaxime, Ceftazidime or Ceftriaxone.
- ESBL producing bacteria are often resistant to other drug classes

### **How are ESBLs Spread?**

They can be passed directly from person to person on contaminated hands or indirectly on contaminated equipment used between patients.

### **Are certain people at risk of getting ESBLs?**

- People most likely to get ESBLs are those who:
- Are seriously ill
- Are hospitalized for a long time
- Have taken many antibiotics

### **What infections are commonly associated with ESBLs?**

- Urinary tract infections
- Pneumonia
- Wound infections

### **Can we prevent the spread of ESBLs in hospitals?**

- Prevention measures include:
- Use of Routine Practices
- Contact Precautions during the treatment of an ESBL infection
- Wise use of antibiotics
- Cleaning all environmental surfaces daily with a hospital disinfectant

### **Are there treatment options?**

Yes, infections can be treated but there are fewer antibiotic choices.

### **What will happen when I leave the hospital?**

- You do not need to take special precautions at home, other than practicing good hand hygiene
- ESBLs tend to be less of a problem outside the hospital
- Family members should also be educated about the importance of hand hygiene