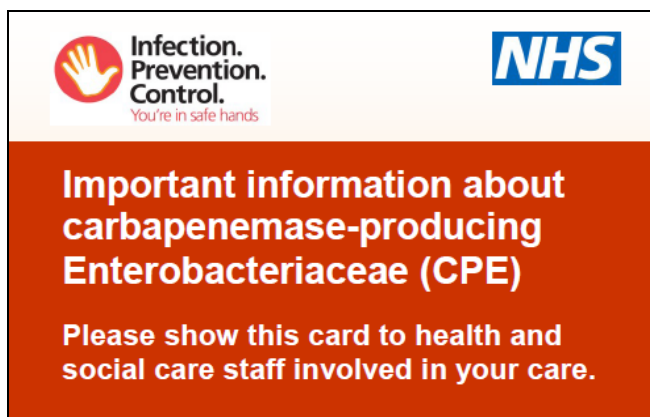


## Your CPE card



**How to use it  
and information for you**

## What is the CPE card and what should I do with it?

You have been given the card attached to this leaflet because you have tested positive for CPE. The CPE positive result is from either a screening swab taken during a recent hospital admission or from a sample of urine, sputum or a wound swab taken by your hospital doctor, GP, or nurse.

- This card is **very** important, it lets health and social care staff know that you have previously tested positive for CPE.
- You should carry this card and show it to any health and social care staff involved in your care, e.g. doctor, nurse.

## What are 'CPE'?

'Carbapenamase producing Enterobacteriaceae' are bacteria which usually live harmlessly in the gut of people. Presence of these bacteria without symptoms is known as 'colonisation' and a colonised person is said to be a 'carrier'. However, if these bacteria get into a different part of the body, e.g. the bladder, a wound or bloodstream, they can cause infection.

CPE infections can be difficult to treat because they are resistant to many antibiotics, including carbapenem antibiotics which are used to treat serious infections. Carbapenemases are enzymes (chemicals) made by some strains of bacteria which destroy carbapenem antibiotics.

## How do people get CPE?

- CPE can be spread from one person to another if hands are not washed thoroughly or by contact with soiled equipment and surfaces such as tables, chairs, door handles. It is, therefore, important that hands are washed regularly and especially after using the toilet.
- CPE is common in some hospitals, both in the UK and abroad. People who have been in these hospitals may have picked up CPE from the patients who were carrying it.

## **Does CPE need to be treated?**

- The majority of people with CPE are 'colonised' and do not need treatment. With time, it may go away on its own. If you have an infection your doctor will discuss antibiotic treatment with a Consultant Microbiologist.

## **How can I stop CPE from spreading?**

- Hand hygiene is **very** important. You should wash your hands regularly or use a hand wipe especially after using the toilet or commode, before meals and when they look dirty.
- It is important to wash your hands before and after emptying a urine catheter bag or when changing a wound dressing. If you have a wound or a catheter, it is important not to touch them unless you have been advised to do so by your nurse.
- You should show this card to any health professional, including if you or a member of your household are admitted or if you are attending for a hospital appointment.

## **What about when I'm at home?**

- No special measures are required when you are at home; you should carry on as normal, maintaining good hand hygiene. Visitors, including children should wash their hands thoroughly with liquid soap and warm running water before leaving.
- Remember to carry your CPE card. If you or a member of your household is admitted to hospital, staff should be informed that you have CPE and show them your card.
- If you have any concerns, you may wish to contact your GP for further advice.

**Please remove  
your CPE card  
and carry it  
with you and  
show it to any  
healthcare  
professional  
involved in  
your care.**

**For queries or concerns please ring:**

Your local Community Infection Prevention and Control or UK Health Security Agency Team.

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