

# Extended Spectrum Beta Lactamase (ESBL) and Amp C Beta Lactamase

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## What is ESBL/Amp C?

ESBL and Amp C are enzymes that some bacteria produce which stop certain antibiotics from working (make the bacteria more resistant). These resistant bacteria are usually found in the bowel and live there without causing any problems. However, occasionally they can cause infections, most commonly in the urinary tract, but sometimes in wounds or in the bloodstream. These infections can be treated, but by using different antibiotics.

## How does ESBL/Amp C affect my baby?

Once the infection has been treated these bacteria may continue to live in the bowel. This is called colonisation and will not affect your baby's health. To prevent these bacteria from spreading to other patients, additional infection control precautions are necessary whilst you are in hospital.

## How are ESBLs/Amp Cs spread?

ESBLs/Amp Cs can be spread from person to person via the hands after contact with an infected patient or equipment.

## Infection control precautions

To avoid the spread of infection staff will wear gloves and aprons and your baby may be looked after in a single room whilst in hospital. The most important measure is to ensure that good hand washing practices are followed by staff and visitors. You must ensure that your hands are always washed, using soap and water.

## How will this affect my visitors?

There are no special restrictions for visitors, however, if you have any concerns please ask your nurse. Your visitors must wash their hands and then use the alcohol hand rub on entering and leaving the baby's room. Visitors do not need to wear aprons and gloves.

## How can ESBLs/Amp Cs be treated?

Despite being resistant to the more commonly used antibiotics, treatment options are available. If antibiotic treatment is necessary, your baby's doctor will discuss this with you.

Colonisation does not require treating and it will not cause you any harm. There is no screening currently available to see how long your baby may be colonised with these bacteria.

## Will my baby have to stay in hospital?

No, your baby will be able to leave hospital when your doctor says they are medically fit.

## What happens when we go home?

- Good hygiene practice should continue at home, including hand washing after changing nappies and before feeding your baby
- Your normal household cleaning method is sufficient and your laundry can be washed in the usual way.
- You do not need to restrict visitors or your activities at home.
- If your baby is admitted back into hospital, please inform the medical team that they have previously had an 'ESBL' or 'Amp C' identified. The need to care for your baby in a side room will be reassessed as it may not always be necessary.
- If your baby needs to see your GP regarding an infection please inform them that they have previously had an 'ESBL' or 'Amp C' identified, as this may affect any treatment.

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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*our patients... each other... ourselves*

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Responsive communication

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 The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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