

Toxigenic Clostridium difficile carriage in general practice: results of a laboratory-based cohort study

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3	study	
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- 40 disease in Amsterdam, The Netherlands (8-12 April 2016) (EP022)
- 41

42 Summary of the article's main point:

- 43 Stool samples from 2541 patients attending their general practitioner (GP) for diarrhoea or other
- 44 gastrointestinal disorders were systematically tested for *C. difficile* irrespective of physician request.
- 45 The results show that toxigenic *C. difficile* carriage is frequent in general practice but remains under-
- 46 recognized.

47 **Objectives**

The reported rates of community-acquired *Clostridium difficile* infections (CDIs) have been increasing. However, the true burden of the disease in the general practice is still unknown in France. Our objective was to determine the incidence of toxigenic *C. difficile* (CD) carriage and the percentage of stool samples prescribed by general practitioners (GPs) which contained free *C. difficile* toxins.

53 Methods

54 During an eleven-month period, all stool samples submitted for any enteric pathogen detection to 15 55 different private laboratories in Paris and the surrounding areas were tested for *C. difficile*, 56 irrespective of the general practitioners' request. A clinical questionnaire was completed for each 57 patient. Stool samples were screened using a rapid simultaneous GDH and toxins A/B detection test: 58 any positive result (GDH or toxin) was further confirmed by the stool cytotoxicity assay (CTA) on 59 MRC-5 cells and by toxigenic culture (TC) at a central laboratory. *C. difficile* isolates were 60 characterized by PCR ribotyping.

61 Results

2541 patients (1295 female, 1246 male) were included. The incidence of patients with a positive
toxigenic culture and a positive CTA was 3.27% [Cl95% 2.61-4.03] and 1.81% [Cl95% 1.33-2.41],
respectively. GPs requested CD testing in only 12.93% of the stool samples, detecting 52.30% of all
TC-positive patients. The 83 toxigenic *C. difficile* strains belonged to 36 different PCR-ribotypes. **Conclusions**

Toxigenic *C. difficile* carriage is frequent in general practice but remains under-recognized. It may
affect young patients without previous antimicrobial therapy or hospitalisation.

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70

71 Introduction

72	Clostridium difficile is a major enteropathogen which is responsible for 10-25% of antibiotic-
73	associated diarrhoea and for virtually all cases of pseudomembranous colitis (PMC) [1, 2]. It is the
74	most frequent agent of hospital acquired diarrhoea in adults [3], and Clostridium difficile infections
75	(CDIs) are associated with prolonged hospital stay and excess mortality [4]. The clinical epidemiology
76	and frequency of healthcare-associated CDI is well described [5, 6] whereas little is known about the
77	true burden of the disease in the general practice. Currently, more than a quarter of all CDIs are
78	estimated to be community-acquired [3, 7]. Therefore, our aim was to determine the incidence of
79	toxigenic C. difficile carriage in patients who submitted a faecal stool sample for routine
80	microbiological testing following a visit with their general practitioners (GP).
81	Materials and methods
82	Study design
82 83	Study design This prospective cohort study was conducted in 15 different private laboratories in Paris (France) and
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83 84 85 86 87 88 89	This prospective cohort study was conducted in 15 different private laboratories in Paris (France) and the surrounding areas. During an eleven-month period (August 10 th 2015 to June 30 th 2016), all patients who submitted a faecal stool sample for routine microbiological testing following a visit with their GP for diarrhoea or other gastrointestinal disorders were consecutively included. All stool samples were systematically tested for <i>C. difficile</i> , irrespective of GP request. Duplicate stool samples (defined as a patient with a second stool sample) were excluded. For each patient, a standardized questionnaire including demographic data (gender, age, hospitalization in the previous

93 consultatif sur le Traitement de l'Information en matière de Recherche dans le domaine de la Santé

94 (CCTIRS n° 15.1021). Study information was given to the patients, and the patients signed an
95 informed consent form.

96

97 Microbiological analysis

- 98 Stool samples were collected in 15 different laboratories and were sent within two hours to a central
- 99 laboratory, which used a rapid simultaneous GDH and toxins A/B detection assay (C. Diff Quik Chek
- 100 complete[®], TechLab, Alere) for analyses according to the manufacturer's instructions: any positive
- 101 result (GDH or toxin) was further confirmed by the stool cytotoxicity assay (CTA) and the toxigenic
- 102 culture (TC) at the National Reference Laboratory for *C. difficile*.
- 103 CTA was performed using MRC-5 cells as described elsewhere [8]. Toxigenic culture was performed
- 104 on the selective chromogenic medium ChromID C. difficile (bioMérieux, Marcy l'Etoile, France). Plates
- 105 were incubated for 48 hours at 37°C in an anaerobic atmosphere. Black colonies or suspicious non-
- 106 black colonies (based on the morphological aspect) were analysed using Matrix Assisted Laser
- 107 Desorption Ionisation-Time Of Flight (MALDI-TOF) mass spectrometry. DNA extraction from colonies
- 108 of *C. difficile* was performed with the InstaGene Matrix[™] kit (Bio-Rad Laboratories, California, USA).
- 109 The in vitro determination of the cytotoxicity of C. difficile isolates was performed by an in-house
- 110 multiplex PCR assay detecting *tpi*, *tcdA*, *tcdB*, *tcdC*, *cdtA* and *cdtB* genes coding for triose phosphate
- 111 isomerase, toxin A, toxin B, TcdC and the two components of the binary toxin, respectively
- 112 (supplementary Table).
- 113 C. difficile isolates were characterized by capillary gel electrophoresis-based PCR-ribotyping on the
- ABI 3500 sequencer (Applied Biosystems), using primers described by Bidet et al. [9]. PCR ribotypes
- (PR) were assigned by comparing profiles to European reference collection strains including PR 001,
- 116 002, 003, 005, 012, 014/020, 015, 017, 018, 019, 023, 027, 029, 046, 050, 053, 056, 070, 077, 075,
- 117 078, 081, 087, 106, 117, 126, 130, 131 and 430.

118 At each sampling site, stool samples were also introduced into 2-ml Cary Blair broth using the Faecal 119 Transwab (Medical wire mwe, Corsham, England) and into a selenite broth (Elitech, France). The 120 broth samples were then sent to a central laboratory. Swabs were automatically plated (Kiestra, 121 Becton Dickinson) on selective media, including Campylosel (bioMérieux), Hektoen (bioMérieux), 122 Drigalski (bioMérieux), CIN (bioMérieux), and Sabouraud (bioMérieux) which were incubated for 24h 123 at 37°C in an aerobic atmosphere (48h in microaerophilic atmosphere for Campylosel). Selenite 124 broth samples were first incubated for 24 hours at 37°C, then plated on Hektoen. Identification of 125 Salmonella spp., Shigella spp., Campylobacter spp. and Yersinia spp. was confirmed by MALDI-TOF 126 mass spectrometry (Andromas, bioMérieux). Shigella sp. was also confirmed by biochemical strip 127 (API 20E, bioMérieux) and latex agglutination (Bio-Rad).

128 Stool samples were also tested for the presence of Rotavirus and Adenovirus upon a physician's

129 request using the Rapid Immunochromatographic Assay Rota/Adeno (Meridian Bioscience Europe)

according to the manufacturer's instructions.

131

132 Parasitological stool examination

Parasitological stool examination was also performed upon a physician's request. Parasitic elements
were observed by direct stool examination and after concentration with KOP-COLOR II (Fumouze
Diagnostics, Levallois-Perret, France). Briefly, the sediment obtained after two-phase concentration
(Bailenger's method) was resuspended with 1 or 2 drops of physiological saline. 25 μl of the
suspension was mixed with 10 μL of KOP-COLOR II on a slide. A coverglass was placed over the
sediment suspension, which was examined under a microscope using a white light (blue filter). **Case definition**

141 A diarrheic stool sample was defined as a stool taking the shape of the container. Clinical diarrhoea

142 was defined by the passage of 3 or more loose stools for at least 24 hours. *C. difficile* carriage was

143 considered community-acquired if the patient had no hospitalization in the previous 12 weeks [10].

144 *C. difficile* carriage was considered as healthcare-associated if the patient has been hospitalized in

the previous 4 weeks, as "indeterminate" when the patient has a history of hospitalisation 4-12

146 weeks before stool sample collection and as 'unknown' origin when the exposure setting could not

147 be determined because of lack of available data.

148

149 Statistical analysis

150 Statistical analyses were performed using the R software, version 3.3.3 (R Core Team (2017). R

151 Foundation for Statistical Computing, Vienna, Austria). Patient demographic characteristics were

described by their median and interquartile range (IQR) for quantitative variables and by the

153 frequency for categorical variables. Quantitative and categorical variables were compared between

154 patients with or without CDI by Mann-Whitney-Wilcoxon and Fisher exact tests. Factors

independently associated with a CDI were identified in 2 steps: 1) Factors associated with CDI were

156 first explored by performing bivariate comparisons; 2) All factors significantly associated with a CDI (p

value <0.05) were then entered into a multivariate logistic regression model. A p value of <0.05 was

158 considered significant.

160 Results

161 In total, 2565 patients were invited to participate in the study: 24 patients were excluded because of

- duplicate stool samples (n=14), lack of consent (n=7), and error in stool labelling (n=3). In total, 2541
- patients (1295 female, 1246 male, median age=38 years) were included. Among them, 106 (4.17%)
- were children less than 3 years old. Of the 2541 patients, 1264 (49.74%) reported clinical diarrhoea
- and 1253 (49.31%) had abdominal pain. Among the 1253 patients with abdominal pain, 331 (26.41%)
- did not present with clinical diarrhoea and among these 201 (16.04%) had no diarrheic stools. Only
- 167 120 patients (4.72%) had a previous hospital stay either in day-care (n=42), acute care setting (n=69),
- 168 or in a long-term care facility (n=2). Two patients reported a CDI episode in the previous 8 weeks.

169 Comparison of EIA assay for GDH and toxins versus TC and CTA

- 170 Screening for *C. difficile* was performed by a central laboratory using EIA for GDH and toxins. Of the
- 171 2541 patients, 116 were positive for GDH: 112 were subsequently confirmed by culture on ChromID
- 172 C. difficile and 4 turned out to be negative, despite several culture attempts. In addition, 33 patients
- 173 were positive by EIA for toxins, of which 29 were confirmed by CTA and 4 were negative by CTA.
- 174 Among the 83 samples negative for toxins by EIA but positive for GDH, 17 were positive by CTA.

175 Incidence of enteropathogens

- 176 The incidences of patients with a positive TC and a positive stool CTA were 3.27% [83/2541, CI95%
- 177 2.61-4.03] and 1.81% [46/2541, Cl95% 1.33-2.41], respectively (Figure 1). Among stool samples
- positive for toxigenic C. difficile, 7 (8.4%) were positive for other enteropathogens (3 Salmonella sp.,
- 179 1 Campylobacter sp., 1 Yersinia enterocolitica, 1 Giardia intestinalis, 1 Endolimax nana)
- 180 Of the 2541 patients, 2199 had a bacteriological stool culture, 2001 had a parasitological stool
- 181 examination, 1663 had both, and 114 had viral testing for the presence of adenovirus and rotavirus
- antigens. Incidence of the different pathogens is reported in Figure 2. Among all the microorganisms
- 183 detected, many (such as Blastocystis, Endolinax, Entamoeba coli, Trichomonas intestinalis,

184 Chilomastix mesnili, Entamoeba hartmanni or Pseudolimax butschlii) have a doubtful or uncertain

185 clinical significance.

186 Clinical characteristics of patients with toxigenic C. difficile carriage

Among the 66 patients \geq 3 years old with a positive TC, 59 (89.39%) had either a clinical diarrhoea or

a diarrheic stool and 43 (65.15%) had no history of hospitalization in the previous 12 weeks. Among

- these, 17 patients (25.75 %) were less than 65 years old, had not received antibiotic treatment in the
- 190 month preceding the diarrhoea, and had no enteropathogens other than C. difficile. When restricting
- the analysis to the 41 patients with a positive CTA, 37 (86.04%) had either a clinical diarrhoea or a
- diarrheic stool and 24 (58.53%) had no history of hospitalization in the previous 12 weeks. Among
- these 6/41 (14.63%) were < 65 years, had not received antibiotic treatment in the month preceding
- 194 the diarrhoea and had no enteropathogens other than *C. difficile*.
- 195 Using a multivariate logistic regression model, independent factors associated with positive CTA or
- positive TC in patients \geq 3 years old were antibiotic treatment in the month prior to diarrhoea and
- 197 hospitalization in the previous 12 weeks (Table 1).

198 Optimal algorithm for CD testing in patients from general practice

- 199 GPs requested CD testing in only 12.93 % of the stool samples, resulting in detection of 52.30 % of all
- 200 TC-positive patients. We determined the performance of different testing algorithms based on risk
- factor identification (Table 2) and/or recommendations from the UK or the Netherlands [11]. If C.
- 202 difficile testing were performed in patients \geq 65 years old, with recent antibiotic use or with a history
- 203 of recent hospitalization, only 29.53 % of stool samples of our population would have had to have
- been processed, and 70% of all toxin-positive cases would have been identified.

205 Characterization of C. difficile strains

- 206 In total, 83 C. difficile isolates were toxigenic and 29 were non-toxigenic. The toxigenic C. difficile
- 207 isolates harboured both *tcdA* and *tcdB* genes and belonged to 36 different PCR-ribotypes, the

- 208 complex 014/020 (n=11, 13.25%) being the most predominant (Figure 3). Eight isolates (9.63%) were
- 209 positive for binary toxin (PR 019, PR 027, PR 126, PR 244). Only two patients were colonized by the
- 210 epidemic 027 clone.

212 Discussion

213 Incidence of toxigenic C. difficile carriage and other pathogens

214 Our study showed that the overall toxin-positive assay incidence in patients from general practice \geq 3

215 years old was 1.81% [Cl95% 1.33-2.41] and that toxigenic *C. difficile* carriage was 3.27% [Cl95%: 2.61-

- 4.03]. This incidence was higher in elderly patients, as previously reported by others [12, 13].
- 217 Children under 3 years old were also frequently found positive for toxins and culture, but the
- presence of *C. difficile* in this population has often been considered as non-pathogenic [14, 15].
- 219 Toxigenic *C. difficile* represented the second most frequent bacterial pathogen isolated in patients
- 220 from general practice after Campylobacter spp. (3.64%). Other recent studies reported a CDI
- incidence in the community ranging from 0.62% in a study from Kuwait using GDH detection followed

by PCR [16], to 5.5% in a small study including 288 Australian GP patients, suggesting that C. difficile

- is a significant cause of community-associated diarrhoea [17]. A point prevalence multicentre
- 224 European study of community-associated diarrhoea, where stool samples were investigated with the
- FilmArray GI Panel reported an incidence of 1.62% (BioFire Diagnostics, Salt Lake City, UT, USA) [18].
- 226 In the Netherlands, the incidence of toxigenic *C. difficile* in 2710 patients who had visited their GP for
- 227 gastrointestinal complaints was significantly higher compared to controls without gastrointestinal
- complaints matched on age and sex (4.2% versus 1.8%, p<0.001) [19].

229 The incidence of positive free toxins (1.81%) is consistent with that of 1.5% found by Hensgens et al. 230 [11] who looked at 12 714 diarrhoeal stool samples requested by GPs and with Bauer et al. [20] who 231 looked at 2443 stool samples. In UK, a study based on 2000 patients > 2 years old who had visited 232 their GP showed that the proportion of faecal samples positive for cytotoxin was 2.1% [21]. A more 233 recent study indicated that C. difficile was a rare cause of community-associated diarrhoea [22]. The 234 strength of our study lies in the large recruitment of patients from Paris and the surrounding areas 235 and the diagnostic strategy based on GDH screening followed by a highly sensitive method for toxin 236 detection (the stool cytotoxicity assay), as recommended by the European guidelines [23]. This

strategy is highly specific for CDI and the presence of free toxins in stools have been shown to better
correlate to disease severity [24, 25] as compared to detection of toxigenic strain (by PCR or by
culture), which detects carriage of toxigenic strain and is likely to overestimate the true incidence of
CDI. In addition, 86.04% of patients ≥ 3 years old with a positive CTA presented with either a clinical
diarrhoea or a diarrheic stool, suggesting that they were truly infected with *C. difficile* rather than
simply colonized.

- 243 Clinical features of patients with toxigenic C. difficile carriage
- 244 The survey data of patients with a positive CTA or the presence of a toxigenic strain of *C. difficile*

indicated that more than half of these patients had not been hospitalized within the 12 weeks

- 246 preceding the symptoms, suggesting that *C. difficile* carriage was truly community-associated. In
- addition, among these patients, 14.65% (for CTA) to 25.75% (for TC) were < 65 years old, had not
- 248 received any antimicrobial treatment in the preceding month and tested negative for other
- enteropathogens in the stools. These data highlight that a substantial proportion of community-
- 250 acquired toxigenic C. difficile carriage occurs in young patients without traditional risk factors for CDI,
- as suggested by others [21, 26].

252 Under-recognized toxigenic C. difficile carriage in general practice

- 253 In France, there are no specific guidelines for testing *C. difficile* in diarrheic patients who visit their
- 254 GP. Therefore, it is not surprising that CD testing was requested by GPs in only 12.93% of cases.
- 255 However, the testing which was requested was well-oriented and relevant, resulting in detection of
- 256 52.3 % and 56.09 % of TC-positive and CTA-positive patients, respectively. Nevertheless, there
- 257 remains an important under-recognized diagnosis of toxigenic C. difficile carriage. Although we did
- 258 not assess the clinical outcome of these undiagnosed patients with toxigenic *C. difficile* carriage, it
- 259 has been shown that missed CDI are associated with significantly increased length of diarrhoea than
- 260 identified cases [27], emphasizing the risk of adverse outcomes if CDI diagnoses are missed.

If CD testing is restricted to patients ≥ 65 years or to patients with a history of antibiotic use or
previous hospitalization, then only 29.5% of all stool samples would be tested for *C. difficile*, resulting
in the detection of 63.07% of all TC-positive and 70.73% of all CTA -positive patients. This strategy,
which is currently recommended in UK for samples from the community, would clearly outperform
current practice and would represent the best cost-effective strategy for the identification of
toxigenic *C. difficile* carriage. However, 30% of toxigenic *C. difficile* carriage cases would be still
missed, underlining the limitation of this strategy.

268 PCR ribotypes

269 We found an increased diversity of PCR ribotypes among strains isolated in patients from general 270 practice. There was also an overlap in the strains isolated from community-associated cases and 271 healthcare-associated cases, suggesting an interconnection of these two settings. The most 272 predominant PCR ribotype (PR 014/020) only represented 13.25 % of all the isolates. These 2 PCR 273 ribotypes were also the most frequent ribotypes (28%) in a cohort of Danish patients who had visited 274 their general practice [28] and were the 3rd most frequently found PCR ribotypes in the EUCLID study 275 [29]. In the study published by Hensgens et al. [11], the most common PCR ribotypes were 002 and 276 078 (11% each) followed by PCR ribotype 015 (9%), 014 (8%), 001 (8%), 005 (6%), and 126 (4%). In 277 France, a multicentre study conducted in 2009 in 78 healthcare facilities showed that the most 278 prevalent PR were 014/020 (18.7 %), followed by 078/126 (12.1 %) whereas the prevalence of PR 027 279 strains remained low (3.1 %) [30]. In the present study, we did not identify any PR 078, which has 280 been frequently associated with community-associated CDI in a young population. PR 078 strains 281 found in animals and in humans have been shown to be genetically highly related, suggesting a 282 foodborne interspecies transmission of C. difficile [31]. In Canada, PR 078 epidemic strains were 283 found in vegetables from grocery stores [32] and are thought to be implicated in a substantial 284 portion of community-acquired CDI.

285 This study has several limitations. First, we could not calculate the incidence of community-286 associated toxigenic C. difficile carriage per 100,000 inhabitants, because the catchment area was 287 unknown. Moreover, the population included in this study lived in Paris and the surrounding areas, 288 and the results of the study cannot be extrapolated to the whole country. Second, investigation of 289 the incidence of enteropathogens other than C. difficile was not systematically performed, although 290 1663 samples were both cultured for bacterial pathogens and submitted for parasitological 291 examination. Third, this study was not designed to monitor patients with toxigenic C. difficile 292 carriage; therefore, we could not assess the impact of carriage in the community in terms of 293 mortality, hospitalization or quality of life.

In conclusion, this study shows that toxigenic *C. difficile* carriage is the second most frequent
pathogen found in stool samples from patients who visited their GP but remains under-recognized.
Physicians should be aware that CDI may occur outside the hospital in patients without traditional
risk factors for CDI.

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306

307 Conflict of Interest:

- 308 Frédéric Barbut reports grants, personal fees and non-financial support from Astellas, personal fees
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- 315 analysis.
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- 318 interest
- 319

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322

323 **Ethical approval**: The study protocol was approved by the local Research Ethics Committee.

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325 Informed consent: Yes

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Table 1: Factors associated with positive CTA or positive toxigenic *C. difficile* (multivariate analysis) in

		Toxigenic culture			СТА		
Variables	OR	(95%CI)	р	OR	(95%CI)	р	
Age							
3-16	0.998	0.987-1.022	0.910	1.002	0.974-1.030	0.526	
17-45	ref			ref			
46-64	0.992	0.974-1.010	0.401	0.988	0.952-1.025	0.459	
≥ 65	1.00	0.977-1.022	0.993	0.989	0.964-1.015	0.425	
Gender (Male)	0.988	0.974-1.003	0.132	0.997	0.981-1.014	0.799	
Abdominal pain	0.997	0.981-1.013	0.758				
Antimicrobials in the previous							
month	1.078	1.056-1.101	<0.001	1.058	1.034-1.082	<0.001	
Hospitalization in the previous							
12 weeks	1.042	1.008-1.078	0.015	1.049	1.014-1.085	0.005	
Diarrhoeal stools*	1.017	1.002-1.032	0.025	1.004	0.986-1.022	0.635	
Stools with blood or mucus	-	-	-	1.979	0.911-1.053	0.582	

424 patients \geq 3 years old.

426 * taking the shape of the container

Table 2: Performance of different algorithms for testing diarrhoeal stool samples for *C. difficile* in

428 patients who visited their GP.

					Detection of		
					toxigenic CD	Detection of CD	
	No	Patients tested	Positive	Positive	carriage	toxins	
Test algorithm for CDI in	patients	(% of all stool	results for	results for	(compared to all	(compared to all	
samples from GP	tested	samples)	СТ (%)	CTA (%)	positive CT) (%)	positive CTA) (%)	
All ≥ 3 years	2435	100	2.67	1.68	100	100	
≥ 65 years	397	16.30	4.28	3.02	26.15	29.27	
Previous AB	324	13.30	9.57	6.79	47.69	53.65	
Previous hospitalization	113	4.64	8.84	6.19	15.38	17.07	
≥ 65 years OR previous AB	660	27.10	6.06	4.24	61.53	68.29	
≥ 65 years OR previous							
hospitalization	482	19.79	5.19	3.73	38.46	43.90	
≥ 65 years OR previous AB							
OR previous hospitalization	719	29.53	5.70	2.64	63.07	70.73	
Physician's request	315	12.93	10.79	7.30	52.30	56.09	
Physician's request	315	12.93	10.79	7.30	52.30	50	

Figure 1: Prevalence of toxigenic culture (TC) and stool cytotoxicity assay (CTA) according to patients'
 age group

Figure 2: Incidence of the different enteropathogens found in stools submitted for routine

438 microbiological testing from patients who visited their general practitioner (GP) for diarrhoea or

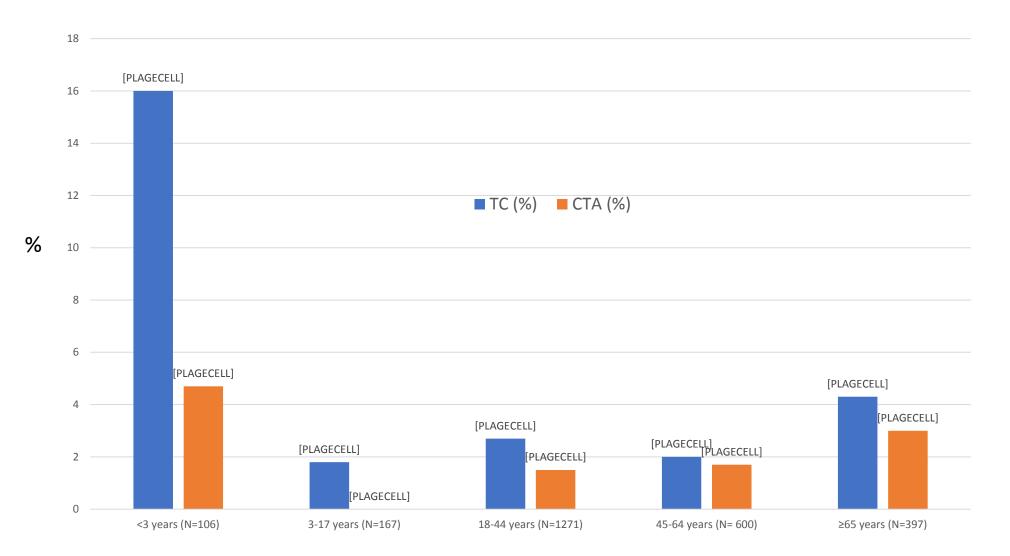
439 other gastrointestinal disorders. Note that of 2541 patients, 2199 had a bacteriological stool culture

for *Campylobacter* sp., *Salmonella* sp., *Yersinia* sp., 2001 had a parasitological stool examination,

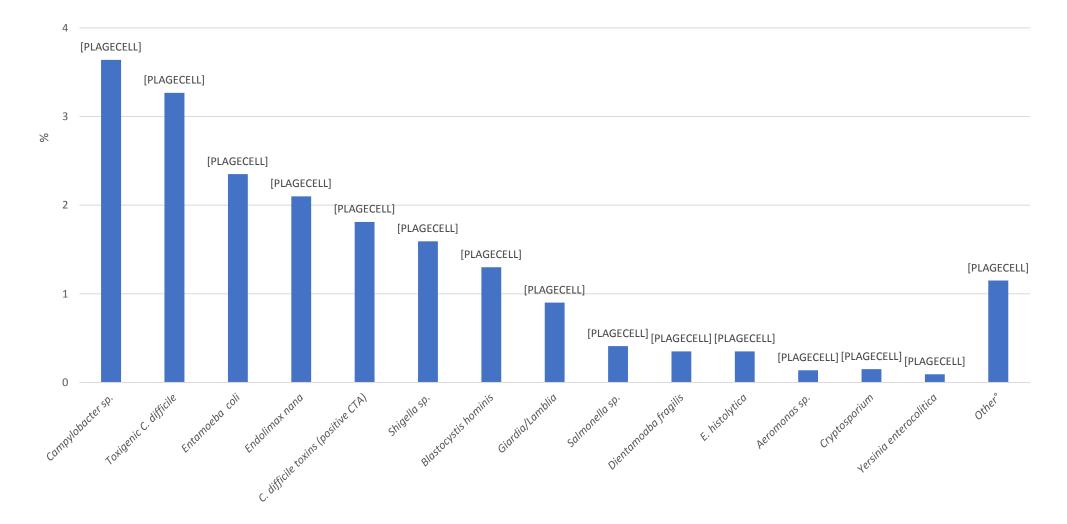
441 1663 had both, and 114 had viral testing for the presence of adenovirus and rotavirus antigens.

Figure 3: Distribution of PCR ribotypes isolated from healthcare-associated, community-associated *C. difficile* carriage and from patients < 3 years old.

Figure 1



5



Other: *Trichomonas intestinalis* (n=2), *Chilomastix mesnili* (n=2), *Cyclospora cayentensis* (n=1), *Entamoeba hartmanni* (n=5), *Pseudolimax butschlii* (n=13)

Figure 3

