



Further information

Please do not hesitate to ask the healthcare staff caring for you if you have any questions, or if you require more information about AMP C. Information on hand hygiene, infection control and managing superbugs at home is available on www.hse.ie/infectioncontrol

INFECTION PREVENTION CONTROL TEAM

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INFORMATION ON

AMP C



THIS IS MODERN MEDICINE

INFORMATION ON AMP C

What Is AMP C?

AMP C is an enzyme which is normally found in the bowel. Enzymes are proteins produced by living organisms. These enzymes have developed a resistance to some antibiotics. This means they are harder to kill with antibiotics than other common bugs that live in the bowel. Sometimes, these bugs that are resistant to antibiotics are called 'superbugs'. AMP C are a lot like another superbug called CPE (Carbapenemase Producing Enterobac-terales). The difference is that CPE is even more resistant to antibiotics than AMP C.

For most people, AMP C live harmlessly in the bowel and do not cause infection. Sometimes, though, they can get into the bladder and cause bladder infection (cystitis) or kidney infection (pyelonephritis) even in people who are generally in good health.

AMP C can cause very serious infection in some patients – for example, those in intensive care or patients undergoing chemotherapy. If you get an AMP C infection, it can be treated with special antibiotics, but some common antibiotics will not work. If you get a serious infection with an AMP C, doctors need to know as soon as possible so that you get the right antibiotics as soon as possible.

Who Is at Risk of This Infection?

The most susceptible to AMP C are elderly patients who have other illnesses, those with a weakened defense against infection, people who have repeated courses of antibiotics,

people who have previously been in hospital or long term care facilities, such as Care Homes People with a long term catheter or history of urine infections.

How Is It Spread?

AMP C is spread hand to mouth through poor hand washing technique, poor personal hygiene, direct contact with infected urine or wound, and contact with contaminated surfaces.

Will I Need Treatment?

As long as the AMP C bug stays in your bowel, it does not cause an illness. It does not cause diarrhoea or stomach pains. However, if the AMP C bug gets into the bladder, kidney or blood, it can cause infection. When this happens the person will often get a temperature, feel pain and start shivering similar to symptoms of most other infections. You will need treatment i.e. antibiotics only if you are showing signs of an infection. The only difference is that, if you need



treatment, many of the ordinary antibiotics do not work. Your doctor will prescribe you special antibiotics to treat the AMP C infection.

How Can I Reduce the Spread of AMP C?

The best way to stop spread of all bugs and viruses is to keep the toilet rim, flush handle and seat clean. Ensure to clean your hands thoroughly after going to the toilet, before eating and after touching raw meat.

If you go to hospital, you will notice that the staff will be especially careful to clean their hands after they have been caring for you. Sometimes they will wear aprons and gloves. You may be given a single room if one is available. These steps are taken to help reduce the spread of AMP C in hospital. It is important to tell a member of staff if you know you have AMP C.

What Happens When I Go Home?

The risk is very small that AMP C will do major harm to people in good general health. You do not need to do anything different from anyone else as you go about your normal life. Clothes, bed linen and dishes can be washed as usual. Just as for everybody else, though, we recommend that you are careful about cleaning your hands thoroughly. *Everyone should clean their hands before eating or preparing food. Clean hands protect you and others from the spread of most bugs, not just AMP C.*

Following good hand hygiene practice all the time helps to prevent the spread of bacteria and viruses. When you use the toilet, it is really important that you leave the toilet clean and in the condition that you would like to find it.