

Information on CPE exposure

It has been determined that you have been exposed to CPE bacteria. CPE exposure refers to a situation in which someone has been treated at the same ward as a patient with CPE.

CPE (Carbapenemase-producing Enterobacteriaceae) are versions of bacteria that are part a person's normal intestinal bacterial flora. They have developed resistance against even the broadest spectrum antibiotics.

CPE may cause urinary tract infections, wound infections, and occasionally a severe systemic (blood) infection. Every effort is being made to prevent CPE from spreading in hospitals because the spread of drug-resistant bacteria would make it more difficult to treat infections.

Outside hospitals, exposure to CPE is not harmful.

CPE is transmitted from person to person by contact. Close attention to hand hygiene is the most important means of preventing it from spreading. In addition, samples are collected from people who have been exposed to CPE in order to check that they have not acquired it. People who have been treated in a hospital abroad during the past year are checked as well.

Fortunately, only a very small portion of people exposed to CPE get it, so most samples turn out to be negative.

We think it is important for you to have CPE samples taken at an outpatient clinic appointment or at your next hospital visit so that we can make sure you have not acquired CPE. In certain situations, it is important to rule out CPE even before you are hospitalized. These situations include, for example, planned surgery or childbirth. The samples can also be taken at your local health center in these cases.

Samples are taken from stool, possible wounds and sometimes also from urinary catheter. The sampling is painless and is done at no extra cost to you. The results will be shared with you at your next outpatient clinic appointment or hospital admission.

We hope you agree with the infection control procedures at our hospital, and we apologize for any additional inconvenience caused.

Patient instruction | HUS Infection Control Unit | Approved 10.5. 2023