Diarrhea in Primary Care Adults

NONCOMPLICATED CLINICAL COURSE

- No stool testing indicated
  - (most diarrheas are self-limiting (eg, viral pathogens))

COMPLICATED CLINICAL COURSE

- Advanced age (>65 yrs)
- Comorbidities (eg, heart failure, diabetes mellitus, chronic kidney disease)
- Dysentery or bloody stools

Risk factors for C. difficile

- Yes
  - Refer to C. difficile algorithm
- No
  - Negative for C. difficile
  - Duration >14 days

- Yes
  - Parasite panel by PCR
  - (should include Giardia lamblia/ intestinalis/duodenalis; Cryptosporidium; Cyclospora cayetanensis; Dientamoeba fragilis; Entamoeba histolytica, and Microsporidia)
- No
  - Bacterial stool culture
  - OR Stool bacterial PCR panel
  - (eg, multiplex panel that includes at least Salmonella, Shigella, Shiga toxin [STEC], and Campylobacter testing)*

*Salmonella, Shigella, and Campylobacter are considered treatable disorders in these subgroups, but STEC should not be treated