MRSA Decolonisation Treatment Regime

You have isolated meticillin resistant *Staphylococcus aureus* (MRSA) from pre-admission screening. *Staphylococcus aureus* is a common bacterium (germ) which can be found on the skin or in the nose of about a third of the population. Many normal healthy people have *Staphylococcus aureus* on their skin without causing them any harm. MRSA is a type of *Staphylococcus aureus* which is resistant to the more commonly used antibiotics.

It is recommended that an MRSA decolonisation treatment is used prior to your surgical procedure. The aim of MRSA decolonisation treatment is to decrease the risk of infection by reducing the amount of MRSA found on the skin.

**You will be given a pack containing:**
- Chlorhexidine antiseptic gluconate 4% solution
- Octenisan nasal gel or Naseptin nasal cream

These should be used for up to five days prior to surgery.

**Chlorhexidine gluconate 4% solution**
- Use once a day as a soap and shampoo substitute in the bath or shower for up to five days. Do not dilute in water but apply directly to the skin.

**Octenisan nasal gel**
- Apply to the inside of both nostrils twice a day for up to five days in total.

**Or: Naseptin nasal cream**
- Apply to the inside of both nostrils four times a day for up to 5 days in total.

**How should I apply nasal ointment cream?**
1. Wash your hands prior to applying nasal ointment cream.
2. Unscrew the cap and squeeze a small amount of ointment / cream (about the size of a match head) on to your little finger.
3. Apply ointment to the inside of one nostril.
4. Repeat for the other nostril.
5. Close your nostrils by pressing the sides of the nose together for a moment. This will spread the ointment inside each nostril.
6. Wash your hands and replace the cap on the tube.

If applying Octenisan nasal gel or Naseptin nasal cream to another person a cotton bud may be used.

If you have any concerns regarding your decolonisation treatment or questions regarding MRSA please contact:
- Conquest Hospital, Hastings Tel: (01424) 755255 Ext: 7233
- Eastbourne District General Hospital Tel: (01323) 417400 Ext: 4136
This patient information should be read in conjunction with East Sussex Healthcare NHS Trust patient information leaflet ‘MRSA Information for Patients’.

**Important information**
The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

**Your comments**
We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS).

**Hand Hygiene**
The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

**Other formats**
If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

**Tel: 01424 755255**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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**Reference**
The following clinicians have been consulted and agreed this patient information:

Next review date: January 2022

Responsible clinician/author: Tara Fisher - Infection Prevention and Control Nurse

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