

Suppression Therapy prior to elective Caesarean Section

Information for women delivering by planned caesarean at the Conquest Hospital

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 (Meticillin resistant Staphylococcus aureus) is a type of Staphylococcus aureus, which is resistant to the more commonly used antibiotics against Staphylococcus aureus associated infections. Most of the time skin is colonised with MSSA (Meticillin sensitive Staphylococcus aureus).

It is recommended that an MRSA/ MSSA suppression therapy is used prior to your caesarean section. The aim of the MRSA/ MSSA suppression therapy is to decrease the risk of wound infection by reducing the amount of MRSA/MSSA found on the skin.

You will be given a pack containing :

- Chlorhexidine antiseptic gluconate 4% solution
- Octenisan nasal gel or Naseptin nasal cream

(Do not use Naseptin if you are allergic (hypersensitive) to chlorhexidine dihydrochloride, neomycin sulfate, peanuts or soya or any of the other ingredients of Naseptin. If the above applies to you, or if you are not sure, speak to your doctor or pharmacist about an alternative agent).

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.

Step 1 Ensure hair and body are totally wet

Step 2 Pour Chlorhexidine onto a single use washcloth or apply directly to skin, using 25 ml for the whole body

Step 3 Wash the whole body and hair beginning with the face and working downwards, paying particular attention to the armpits, belly button, groin and perineum (area of skin around bottom). Avoid contact with eyes and ears.

Step 4 Rinse off thoroughly

Step 5 Dry with a clean and dry towel

Step 6 Continue to wash daily with Chlorhexidine.

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

Please refer to the specific information leaflet given with your product for application guidance

If you have any concerns regarding your decolonisation treatment or questions regarding MRSA please contact your community midwife or Midwifery Support worker, on the numbers provided at booking.

Consent

Although you consent for this treatment, you may at any time after that, withdraw such consent. Please discuss this with your medical team.

Sources of information

E.g. specialist nurse, ward, consultant secretary, self-help group, national bodies or Web site addresses.

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 the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

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: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

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

Reference

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

Lorna Paszke - Maternity matron

Helen Tingley - Infection prevention and control Nurse Specialist

Consultant Microbiologists

Dr Pascall - Consultant, Obstetrics and Gynaecology

The directorate group that have agreed this patient information leaflet:

Women's and childrens

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Responsible clinician/author: Infection Prevention and Control Team

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