

# **Treatment of Methicillin Resistant Staphylococcus Aureus (MRSA)**

Information for patients, relatives and carers

① For more information, please contact: The Infection Prevention and Control Team, York telephone: 01904 725860, York Hospital or Scarborough telephone: 01723 342395, Scarborough Hospital

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## **You have been screened for MRSA and either:**

The results will not be available before your procedure/ surgery for you to receive sufficient suppression therapy if you are found to be positive.

Or

You have been found to be carrying (colonised with) the germ MRSA.

To minimise the risk associated with carrying MRSA on your skin you need to use one of the following nasal treatments:

### **Nasal Creams**

Please read the leaflets accompanying the products and seek advice from your G.P. if you are allergic or hypersensitive to any of the ingredients.

#### **Mupirocin (Bactroban) Nasal Cream**

Apply this ointment to the front, inside areas of both your nostrils two times a day for five days.

#### **Naseptin**

**\*\*Naseptin contains Arachis (peanut) oil. If you are allergic to peanut or soya, do not use Naseptin.\*\***

Apply this ointment to the front, inside area of both of your nostrils four times a day for ten days.

### **Skin Washes**

If skin irritation develops, or any other allergic reaction, wash off immediately and contact your G.P. or the Infection Prevention Team on:

York: 01904 725860

Scarborough: 01723 342395

You will need only one of the following preparations:

## **Chlorhexidine Gluconate 4% Skin Cleanser (Hibiwash)**

- Ensure that your hair and body are totally wet before applying the Chlorhexidine Gluconate 4%
- Pour the solution onto a damp cloth before applying to your skin once daily. Pay particular attention to your hair line, nose, genital area, groin and armpits. Use a clean cloth every day
- Wash using the solution for at least 60 seconds, then thoroughly rinse and dry your skin
- Use the wash on the days you take the nasal treatment

**Hair Washing:** Use Chlorhexidine Gluconate 4% as a shampoo and wash your hair on the first and every third day. Avoid contact with your eyes.

Use on wet hair and leave for one minute and rinse off. You can use your own shampoo and conditioner afterwards if you wish.

**\*\*Please avoid using chlorhexidine on broken skin\*\***

## **Octenisan Body Wash**

Octenisan body wash is gentle and can be used by people with sensitive skin. Do not use Octenisan in the bath – either shower or have a strip wash.

- Ensure that your hair and body are totally wet before applying the Octenisan body wash
- Pour the solution onto a damp cloth before applying to your skin once daily. Pay particular attention to your hair line, nose, genital area, groin and armpits. Use a clean cloth every day
- Leave on for at least 60 seconds, then thoroughly rinse and dry your skin
- Use the wash on the days you take the nasal treatment

**Hair Washing:** Use Octenisan as a shampoo and wash your hair on the first and every third day. Avoid contact with your eyes.

Use undiluted on wet hair like a shampoo, leave for 60 seconds and rinse off. You can use your own shampoo and conditioner afterwards if you wish.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725860. Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL or telephone 01723 342395.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net)

An answer phone is available out of hours.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: [www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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