Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

MRSA (Methicillin Resistant Staphylococcus Aureus) Decolonisation v7

Version number: **1.0**
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MRSA (Methicillin Resistant Staphylococcus Aureus) Decolonisation Information

Patient Information

Preoperative Assessment Clinic

The Patient Information Leaflets page on the Trust website is available on the link: https://www.wwl.nhs.uk/patient-information-leaflets or scan the QR code.

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Introduction

This leaflet has been written to tell you about Methicillin Resistant Staphylococcus Aureus (MRSA) decolonisation requirements before you are admitted to hospital.

What are "*Staphylococcus aureus*" and "MRSA"?

Staphylococcus Aureus is a type of bacteria (germ) often found on the skin and in the nose of even healthy people.

Usually, this germ is harmless. Sometimes the germ may cause skin infections such as boils and abscesses and can infect wounds; these infections are normally mild and easily treated.

Some strains of the *Staphylococcus aureus* germ have developed resistance to the more commonly used antibiotics – such as penicillin - and are referred to as MRSA.

It is this resistance to certain (not all) antibiotics that makes MRSA different, and it may not be so easy to treat if it does cause an infection.

MRSA colonisation

There are many people who have the MRSA germ without showing any symptoms. This is known as colonisation.

This is when the germ is living on your skin and is not causing you any harm. However, if you are admitted into hospital and undergo procedures, there may be an opportunity for the

germ to enter your body.

This is why patients colonised with MRSA may be given a special body wash to remove the germ from the skin, along with a nasal treatment to remove the germ from the nose.

Why do we need to screen for MRSA?

We can find out who is carrying the germ and provide the necessary treatment before they are admitted to hospital.

The available treatments are listed below. You will be provided with a combination of ONE skin treatment and ONE nasal treatment. Specific information for the items is below. Your team members should delete the treatments that do not apply to you:

Skin treatments:

The following information applies to all skin treatments. You should bathe (bed bath/bath/shower) for **five consecutive days** with your provided skin treatment, this includes washing your hair. Use the skin treatment as a liquid soap.

Ensure skin is wet all over then apply approx. 30 ml of product directly onto your skin using a wet, disposable cloth. You can use two dessert spoonfuls as a guide. Pay particular attention to your hair, around the groin, perineum (the space between anus and genitals), and feet.

Leave the body wash in contact with your skin for one minute, then rinse off from head to toe.

Dry yourself using a clean towel. This towel should then be washed using your usual detergent.

It is advisable that you use clean bed linen every day during this decolonisation regimen.

- **Octenisan body wash**
- **Chlorhexidine 4% body wash**
- **Triclosan 2% body wash**

Nasal treatments:

Specific frequency of administration and course lengths are listed underneath the respective products. However, the following information applies to all nasal treatments.

Place a small amount of treatment (about the size of a match head) on a cotton bud or a clean/gloved little finger and apply to the inner surface of each nostril. The nostrils should be closed by pinching the sides of the nose together at each application; this spreads the treatment through each nostril.

Mupirocin 2% nasal ointment

Apply three times per day (morning, afternoon, and evening) for five days.

Octenisan nasal gel

Apply two times per day (morning and evening) for five days.

Naseptin nasal cream

Apply four times per day (morning, afternoon, evening, night) for ten days.

Further Information

Please do not discard any remaining body wash or nasal gel until you know your repeat swabs are clear. You will need these for a second treatment cycle should it be necessary. Please do not worry if you do not have any treatment(s) left, the pre-operative assessment clinic staff can provide you with more if needed.

Once you have completed the five days decolonisation treatment, you will need to have some more swabs taken. The appointment for these swabs should have been made for you by the pre-operative assessment clinic when you collected your treatment.

If you do not have any appointments, or need to speak to someone about your treatment, please contact the pre-operative assessment clinic from where you collected your decolonisation treatment.

Royal Albert Edward Infirmary (RAEI)

01942 774691 or 774692

Leigh Infirmary

01942 264234 or 264235

Wrightington Hospital

01257 256340 or 256523



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