MRSA Decolonisation Treatment Regime

You have isolated Meticillin resistant *Staphylococcus aureus* (MRSA) from pre-admission screening therefore 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:
- Hydrex surgical scrub or Hibiscrub (Chlorhexidine)
- Bactroban nasal ointment or Naseptin nasal cream

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

**Chlorhexidine gluconate 4% solution**

( Hydrex surgical scrub
Or Hibiscrub)  
- 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.

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

Or: **Naspetin 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 Bactroban nasal ointment 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**  
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) – details below.

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 Ext: 2620

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 directorate group that have agreed this patient information leaflet: Infection Control Team

Next review date: July 2019
Responsible Clinician: Infection Control Team

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