

MRSA SUPPRESSION THERAPY TREATMENT

This leaflet is for patients who have had a test result which shows they have MRSA bacteria on their skin or in their nostrils (described as being 'colonised' with MRSA).

This result does not mean that you have an MRSA infection but that you carry the bacteria in your nose or on your skin. This leaflet explains more about MRSA and the suppression treatment you will need to use for five days before coming in to hospital.

We apologise if this causes you any inconvenience. It will however, help to keep MRSA out of our hospital and keep you safe.

What is MRSA?

MRSA stands for Methicillin (M) Resistant (R) Staphylococcus (S) Aureus (A). Staphylococcus aureus (S.aureus) is a member of the Staphylococcus family of bacteria. It is estimated that one in three healthy people harmlessly carry S.aureus on their skin, in their nose or in their mouth. MRSA is the methicillin-resistant form of S.aureus, which has become resistant to commonly used antibiotics.

People who carry MRSA on their skin do not look or feel different from other patients. MRSA can, however, cause problems if it enters the body as it can cause an infection. MRSA is more likely to affect people who are already unwell or those who are having surgery, so it is of particular concern in hospitals.

What happens now?

You have been given a five day course of suppression treatment. There is an antibacterial cream for your nose and an antiseptic wash for your hair and body. Using these products will help to suppress or even get rid of the MRSA from your skin or nose. Full details of how to use them are given overleaf.

If you are scheduled to have a surgical procedure, it is important that you complete your treatment before you have your operation. If your swab is positive for MRSA your operation will have to be delayed until the five day course is complete. You should start using the nasal ointment and body wash so that day five falls on the same day as the day you are admitted for your operation.

Five day suppression treatment

Nose cream

You will need to use the nose cream three times a day for five days.

Before you start, wash your hands well. Then follow these instructions:

- Squeeze a small amount of the cream, about the size of a match head, onto either a cotton bud or your little finger
- Spread the cream on the inside of your nostril (as shown on the diagram overleaf). It goes just inside your nostril – don't insert it too high up into your nose. Repeat on the other nostril.
- Close your nostrils by pinching the sides together for a moment. This will help the cream to cover all surfaces.
- If applied correctly you should be able to taste the cream at the back of your throat.
- When finished, wash your hands well.

Body and hair wash

Please use the liquid you have been given to wash your body and hair for the five days of treatment.

- Use it to wash your whole body once a day for five days.
- Wash your hair with it at least twice during the five days.
- The wash should be used undiluted as a liquid soap/shampoo. Apply it directly to your wet skin with your hands or a clean flannel or sponge. Leave it in direct contact with your skin for at least a minute.
- Apply it all over your body, paying particular attention to the areas around your nose, under your arms, between your legs and your feet (see the following diagrams).
- After washing, rinse thoroughly.
- When washing your hair, use the liquid instead of your usual shampoo (be careful not to get it in your eyes or ears). You can use conditioner as normal after washing and rinsing your hair.
- Dry yourself using a clean towel and put on clean clothes.

Linen

It is advisable to change your bed linen on day one of treatment and day five. You should also launder your towels and flannels at a minimum, every other day.



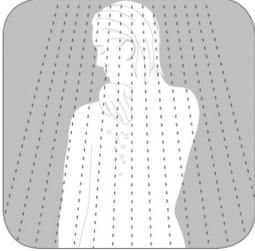
1. Wash your face and hair with the undiluted liquid soap. Pay particular attention to the area around your nose, avoiding your eyes and ears.



2. Apply the undiluted liquid soap to a clean sponge or flannel and, working downwards, wash your armpits.



3. Continue washing downwards. Make sure you wash well around the groin area.



4. After washing all of your body, rinse off under the shower.



5. After a final rinse, dry yourself thoroughly with a clean towel and put on clean clothes.

MRSA suppression treatment

Please use this chart as a reminder of what to do. You can mark the boxes, as shown on day one once you have completed the treatments.

Insert date here	Day 1	Day 2	Day 3	Day 4	Day 5 (this should be the day of your operation)
Nose cream Morning					
Nose cream Afternoon					
Nose cream Evening					
Wash skin with prescribed wash					
Wash hair with prescribed wash					
Wash towels and flannels					

Further information

If you have any other questions, or require help with your MRSA suppression treatment then please speak to one of our nurses in the Pre-admission team on +44 (0)20 7460 5989, or our Infection Control team on +44 (0)20 7460 5597.

This information is published by Bupa Cromwell Hospital and is based on reputable sources of medical evidence and experience from over 30 years of treating patients. It has been peer reviewed by Bupa Cromwell Hospital doctors. The content is intended for general information only and does not replace the need for personal advice from a qualified health professional.

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Reference: CH339-09/14 (Internal)
Review: September 2016

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