

# MRSA Prevention Pack

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### A guide for patients

This information sheet is for patients who have been given an ‘**MRSA Prevention Pack**’ before coming into hospital. MRSA stands for “**Methicillin Resistant Staphylococcus Aureus**” and is a variety of a common germ called *Staphylococcus aureus* which usually lives harmlessly on the skin or in the nose of about one third of people. Many people who do have MRSA on their skin and/or in their nose are also generally unharmed by it. This is called being *colonised*. When the germ gets into the body through wounds, injuries, etc. a person **might** become *infected* and this can cause complications. By using the contents of this pack (body wash and nasal ointment) as directed below this may help prevent you from becoming infected during your stay in hospital.

Please read the below information before you start using the body wash (Octenisan®) and nasal ointment (Mupirocin) contained in this pack.

- **Use the body wash and nasal ointment the night before and the morning of surgery.**
- **It is very important that you bring this pack back in with you when you come into hospital**

#### **Octenisan<sup>®</sup> body wash**

- 1 Apply approximately 30mLs Octenisan<sup>®</sup> undiluted to a dampened clean washcloth.
- 2 Rub all over body and hair (like a body wash/shampoo). Pay particular attention to armpits, belly button, groin, perineum and skin folds. Leave on for 3 minutes if you can but for at least one minute.
- 3 Rinse off thoroughly.
- 4 Dry yourself with a clean and dry towel

You will also need to carry on washing with this body wash every day whilst you are in hospital. If you are unable to wash yourself a member of staff will help wash you.

#### **Mupirocin nasal ointment**

- 1 Wash your hands.
- 2 Unscrew the cap and squeeze a small amount of ointment, about the size of a match-head, on to your little finger or cotton wool bud.
- 3 Apply ointment to the inside of one nostril.
- 4 Repeat for the other nostril using a clean cotton bud.
- 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

7 Continue using three times a day for 5 days or until discharge from hospital.

If you need further information on MRSA prevention packs then call the hospital switchboard between 9am and 5pm Monday to Friday on 01603 286286 and ask for the *Pharmacy Helpline*.