

Bed linen and clothing

We encourage you to change all your sheets, pillowcases and towels every day. If you can't do this, please try to change them at least at the beginning and end of the treatment.

Will there be any side effects?

The treatment has few side effects even for people with sensitive skin or eczema. However if you:

- develop a rash or sore skin
- or if you have eczema and it gets worse

then please **STOP** the treatment and contact the **the healthcare professional who prescribed the treatment** for further advice. You may need to be given a different product to use.



when it's less
urgent than 999

If you need advice out of
hours please call NHS 111.

Family and friends

MRSA is not normally a problem for healthy people, including family members, or visitors. MRSA cannot harm pregnant women, children or babies providing they are fit and healthy. So you can still continue with your normal daily and social activities.

Make sure that you use your own towel - do not share it with others. Remember to encourage your family and friends to wash their hands frequently.

While MRSA can be passed from person to person it is not a risk to healthy people and is unlikely to be a problem in the home or at work. If you, your family or friends have any problems or questions please contact:

Infection Prevention and Control Team
on **0113 843 4511**, Monday–Friday
8.30am–5.00pm or **Patient Experience Team**
(see details below)

Further information

You can find out more about MRSA and the use of your treatment by asking the healthcare professional who prescribed it, or by contacting Leeds Community Healthcare Infection Prevention and Control Team or the Patient Experience Team.

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

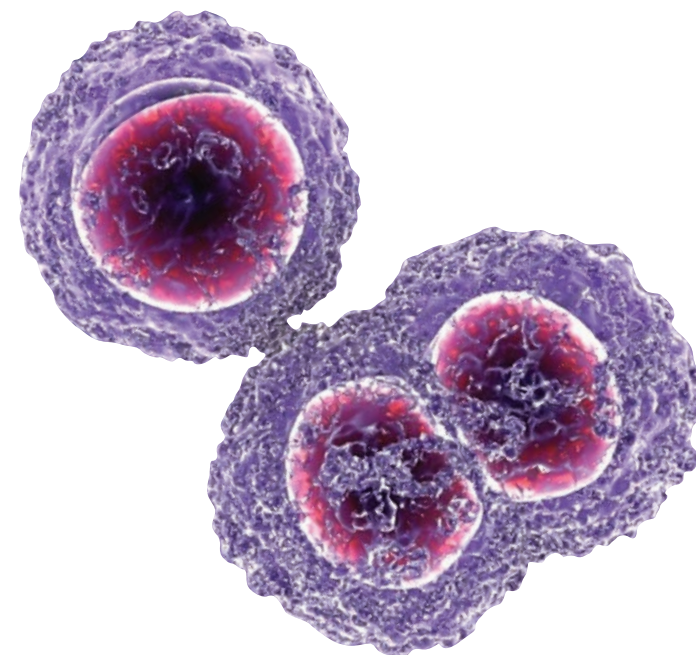
If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email Ich.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

www.leedscommunityhealthcare.nhs.uk

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MRSA treatment



**Information for patients,
relatives and carers**

Leaflet produced by the Infection Prevention and Control Team at Leeds Community Healthcare NHS Trust.

What will this treatment be?

If you have been told you are MRSA positive, you may be prescribed a skin decolonisation treatment. This will consist of an antibacterial ointment which is applied up your nose and an antibacterial body wash. This is a simple treatment to reduce or get rid of as much of the MRSA bacteria from your skin as possible.

If you have any allergies to any of the ingredients in the treatment please speak to your GP before using.

What do I need to do?

Always carefully read the instructions before using the treatment and ask your GP if you are unsure of anything.

The treatment should be used for either 5 or 10 days (your GP will indicate how long for). Always complete the full course of treatment.

If you have a planned hospital stay, you may be required to use the treatment for 5 or 10 days before you are admitted to the hospital. Inform the hospital staff if you have not completed your 5 or 10 day course when you arrive at the hospital.

This treatment can be carried out at home. Please speak to the healthcare professional who prescribed it if you are unable to apply the treatment yourself or if you have any cuts or wounds to your skin.

How do I apply the nasal ointment?

- Place a small amount (about the size of a matchstick head) on your little finger or a cotton bud
- Apply to the inside of both nostrils
- Press both sides of your nose together - this will help to spread the ointment
- Wash your hands thoroughly when finished
- Do this either 3 or 4 times a day, as prescribed.

How do I use the body wash / shampoo solution?

It is best to use the solution in a shower. If this is not possible the solution can be used in the bath.

- Wash your body once a day with the solution
- Wet your body before using the solution
- Put the solution on your hand, wash cloth or sponge
- Start washing at the top of your body and work your way down (see Fig 1)
- Wash all of your body with the solution, including the area around your nose, armpits and groin
- Do not put the solution inside your body and avoid your eyes and ears

- Try to leave the treatment on your skin for at least one minute before rinsing to allow it to work
- After washing, rinse off the solution thoroughly (see Fig 2)
- Dry your body with a clean towel
- Put on clean clothes every day during the treatment period if possible

Wash your hair with the solution twice during the treatment (preferably on the first day and the last day of treatment if possible).

For people who cannot get into a shower or bath, you may be prescribed skin treatment that is put on the skin and not rinsed off.

Speak to your Dr or nurse if you cannot get into a bath or shower.

