

MRSA Decolonisation Treatment Regime

You have isolated Methicillin Resistant Staphylococcus aureus (MRSA) from pre-assessment screening. Staphylococcus aureus is a common bacterium (germ) which can be found on the skin or in the nose of about a third of the population. Many normal healthy people have Staphylococcus aureus on their skin without causing them any harm. MRSA is a type of Staphylococcus aureus, which is resistant to the more commonly, used antibiotics.

We recommend that an MRSA decolonisation treatment regime be done prior to your procedure. The aim of MRSA decolonisation treatment is to decrease the risk of infection by reducing the amount of MRSA found on the skin.

Treatment Regime:

Nose

- Treatment for five days.
- Mupiricin 2% (Bactroban®) cream is a paraffin-based ointment, which will be given to you. A 'pea-sized' amount should be applied onto a cotton wool bud, which is then rubbed to the inner surface of each nostril **three times a day** for **five** days.
- **DO NOT** contaminate the ointment by putting the cotton bud back into the cream, turn and use the other end of the bud, which is clean for the other side on the nostril.
- Nostrils should be pressed together and released to disperse cream.

Skin

- Treatment for five days.
- Wash with Chlorhexidine 4% (Hibiscrub®) or Octenisan wash solution. The skin should be moistened and the antiseptic solution applied thoroughly too all parts of the skin before rinsing in the bath or shower.
- Special attention should be paid to sites such as groin, axillae, perineum and buttock areas and other skin folds.
- **Do NOT** dilute in bath water as the concentration is insufficient. Flannels and towels should **NOT** be shared amongst household members.

After the 5 day regime, omit treatment for TWO days and re swab positive areas.

Repeat cultures will be done 48 hours after treatment finishes.

1. Repeated cultures will be done from the same sites **48 hours** after the decolonisation is completed.
2. If the first set of cultures are negative, you may be asked, to repeat a second set of cultures 48 hours later.
3. If all these cultures are negative then decolonisation has been a success

Swabbing entails:

ONE swab for each area i.e. one swab both nostrils, one swab both sides of groin.

Swab: black medium to be used. See the GHA instruction leaflet on self testing for MRSA.

Results should take 48 hours.

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