

- Your doctor or healthcare provider recently obtained a specimen or swab from you. A bacteria (or germ) called methicillin resistant *Staphylococcus aureus* (MRSA) was detected from your specimen.
- Following special testing at a laboratory we have now been informed that the MRSA you have is a type called community-associated MRSA.
- CA-MRSA can cause recurrent infections in healthy people, sometimes severe, and are known to spread amongst close contacts of those with infections.
- Although your infection may have cleared, the bacteria may still be living on your skin or in your nose and may cause further infection. The treatment or decolonisation you are about to take should remove the bacteria from your body.
- **Instructions on how to use the decolonisation treatment are on the other side of this sheet.**
- **Important points about decolonisation treatment**
  - Report infections that develop during or after the decolonisation treatment to your General Practitioner (GP) or healthcare provider. If the first course of treatment is unsuccessful, you may need to repeat the treatment.
  - If more than one member of your household is having decolonisation, you should all start on the same day.
  - Any infected wounds should be reviewed by a doctor and healed before starting this decolonisation treatment.
  - It is important to stop treatment after 10 days use. Treatments can stop working effectively with incorrect and prolonged use. Treatments should only be repeated following instructions from your GP or healthcare provider and at least one month after your first treatment.
  - People with active skin conditions e.g. dermatitis, eczema, psoriasis, should consult with their GP or dermatologist to treat the underlying condition before commencing decolonisation.
  - Newborn babies - (less than 2 months of age): decolonisation body washes and nasal ointment should not be applied to newborn babies. Discuss this with your GP if you have queries.



## Decolonisation treatment instructions – 10 day course

### 1. Perform the following steps before starting the treatment

- buy a new toothbrush and a new razor and throw away the old ones
- wash all your personal bed linen and towels
- thoroughly clean and vacuum your house
- wash your hair brush and comb with soap and hot water
- remove your body piercing for the duration of the treatment.

### 2. Nasal ointment - mupirocin 2% (Bactroban)

- available by prescription from your GP
- apply to the inside of both nostrils two times a day for 10 days i.e. at breakfast time and in the evening before you go to bed.

#### How to apply the nasal ointment:

- place ointment the size of a 'double match head' onto a cotton bud and insert into one nostril – wiping it onto the inside surface of your nostril
- take a new cotton bud and apply ointment to the other nostril
- squeeze and 'wiggle' your nose between thumb and forefinger to spread the ointment around the inside of your nostrils.

### 3. Antibacterial body wash – triclosan 1%

- available over-the-counter at a pharmacy
- wash your body with the triclosan (use instead of soap) once daily for 10 days
- change into clean clothes after your daily shower whenever possible.

#### How to apply the body wash:

- lather up the entire body surface and leave for 60 seconds before rinsing off
- pay special attention to the armpits, groin and anal area.

### 4. Wash hair every 3rd day - Day 1, 4, 7, 10 of treatment

- wash hair with the triclosan body wash and rinse off
- apply your usual conditioner.

### 5. Dentures - to be done every day of treatment

- remove dentures before bed and clean them thoroughly
- soak overnight in a denture cleaning product e.g. Steradent, Polident.

### 6. Regular household cleaning – Day 2, 6 and 10

- clean dust from all surfaces and vacuum floor surfaces and fabric chairs
- clean surfaces with detergent and hot water (especially surfaces that are touched frequently). Pay special attention to the bedroom and the bathroom.

### 7. Laundry – Day 2, 4, 7 and 10

- wash your pyjamas, bed-linen and towels with laundry detergent and hot water (preferably).

