

MRSA - Mupirocin resistant Octenisan and Naseptin suppression treatment Instructions for service users in the community

The aim of suppression treatment is to reduce the number of Meticillin resistant *Staphylococcus aureus* (MRSA) bacteria to a less harmful level. If you do not wish to have suppression treatment, please discuss this with your GP or local Community Infection Prevention and Control or UK Health Security Agency Team.

This information will help you to use the MRSA suppression treatment correctly. The treatment is a combination of **two separate treatments**. It is important that you complete the treatment to reduce the possibility of developing a MRSA infection. Both treatments should be started on the same day.

Octenisan wash lotion (step-by-step guide on the back of this sheet)

This antibacterial washing lotion should be used for body and hair washing.

- Use the wash lotion instead of your normal skin and hair products.
- You should shower **once** daily for 5 days using the wash lotion, leaving for the recommended contact time of 1 minute before rinsing off thoroughly.
- Alternatively, if you are unable to shower, you should wet your skin, apply undiluted lotion, e.g. stand out of the bath, leaving for the recommended contact time of 1 minute before rinsing off thoroughly in the bath.
- The wash lotion should also be used as a hair shampoo, you will need to wash your hair twice during the 5 day period. Hair can be washed as normal on other days during the treatment. Hair conditioner can be used as normal after using the Octenisan wash lotion.
- If you require assistance with this treatment, please discuss with your GP.

Naseptin nasal cream (step-by-step guide on the back of this sheet)

Place a small amount of the cream about the size of a match-head on your little finger and apply to the inside of one nostril and repeat for the other nostril four times a day for 10 days. Pinch the nostrils lightly together after applying the cream to help spread it. It is important to wash your hands with liquid soap and warm running water before and after applying the cream.

Treatment plan (please tick box when applied)

Octenisan treatment	Day 1	Day 2	Day 3	Day 4	Day 5
Apply daily to skin during shower or wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash hair with lotion		<input type="checkbox"/>		<input type="checkbox"/>	

Naseptin nasal treatment	Time	Days 1- 10									
		1	2	3	4	5	6	7	8	9	10
Apply cream inside both nostrils 4 times a day	Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Octenisan wash lotion step-by-step guide



octenisan® 5 day antimicrobial wash protocol

Instructions for use

- Apply octenisan® undiluted onto a clean, damp washcloth
- Rub onto the areas of the body to be cleansed and wash off
- For showering or hair washing, simply use octenisan® in the same manner as other hair and skin washing preparations
- Always observe the recommended contact time of 1 minute*



*tested according to EN 12054



Step 1 Hair Body Ensure Hair and Body are Wet	Step 2 octenisan® damp washcloth Apply octenisan® undiluted	Step 3 Hair Body Apply octenisan® evenly all over the body & hair (recommended skin contact time 1 minute*) All over Hair & Body. Focus on areas a, b, c		
Step 4 Rinse off thoroughly	Step 5 Dry with Clean towel	Step 6 Put on clean clothing & bedding		
Day 1 Body	Day 2 Body & Hair	Day 3 Body	Day 4 Body & Hair	Day 5 Body

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Naseptin nasal cream step-by-step guide

A nasal cream called Naseptin which should be used **four times a day for 10 days.**

 1. Wash and dry your hands.	 2. Unscrew the cap and squeeze a small amount of cream, about the size of a match-head onto your little finger.	 3. Apply cream to the inside of one nostril.	 4. Repeat steps 2 and 3 for the other nostril.	 5. Close your nostrils by pressing the sides of the nose together for a moment. This will spread the cream inside each nostril.	 6. Wash and dry your hands. Then replace the cap on the tube.
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If severe irritation occurs with any of the products, discontinue use and contact your local Community Infection Prevention and Control or UK Health Security Agency Team for further advice.