

## MRSA Octenisan suppression treatment Instructions for service users in the community

Meticillin resistant *Staphylococcus aureus* (MRSA) suppression treatment helps to reduce the numbers of MRSA bacteria a person has or may carry. This treatment reduces the chances of developing an MRSA infection. 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 aims to assist you to use MRSA suppression treatment correctly. The treatment is a combination of **two separate treatments** to be used over a 5 day period. It is important that you complete the 5 day course 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)

An antibacterial washing lotion called octenisan which should be used for body and hair washing.

- Use the wash lotion instead of your normal skin and hair products, leaving for the recommended contact time of 1 minute before rinsing off thoroughly.
- You will need to shower or strip wash **once** daily for 5 days using the wash lotion.
- 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.

### Bactroban nasal ointment (step-by-step guide on the back of this sheet)

Place a small amount of the ointment 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 three times a day for five days. Pinch the nostrils lightly together after applying the ointment to help spread it. It is important to wash your hands with liquid soap and warm running water before and after applying the ointment.

### Treatment plan

(please tick box when applied)

Treatment – Octenisan wash lotion		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"/>
Comb wash lotion through hair			<input type="checkbox"/>		<input type="checkbox"/>	
Apply nasal ointment inside both nostrils 3 times a day	Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Evening	<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



<b>Step 1</b>  Hair Body Ensure Hair and Body are Wet	<b>Step 2</b>  octenisan® damp washcloth Apply octenisan® undiluted	<b>Step 3</b>  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		
<b>Step 4</b>  Rinse off thoroughly	<b>Step 5</b>  Dry with Clean towel	<b>Step 6</b>  Put on clean clothing & bedding		
<b>Day 1</b> Body	<b>Day 2</b> Body & Hair	<b>Day 3</b> Body	<b>Day 4</b> Body & Hair	<b>Day 5</b> Body

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## Bactroban nasal ointment step-by-step guide

A nasal ointment called Bactroban which should be used **three times a day for 5 days.**

 1. Wash and dry your hands.	 2. Unscrew the cap and squeeze a small amount of ointment, about the size of a match-head onto your little finger.	 3. Apply ointment 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 ointment 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.