

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

Meticillin resistant *Staphylococcus aureus* (MRSA) suppression treatment helps decrease the number of MRSA bacteria a person has or may carry and reduces the chances of developing an MRSA infection.

This information aims to assist you to use MRSA suppression treatment correctly. It is important that you complete the course to reduce the possibility of developing an MRSA infection.

The treatment is a combination of **two separate treatments that are started on the same day**: an antimicrobial body wash lotion on days 1 to 5 and a nasal cream for days 1 to 10.

Prontoderm foam (step-by-step guide on the back of this sheet)

Prontoderm foam is a leave-on product that reduces the number of bacteria on your skin.

- Although not mandatory, it is recommended that you bathe, shower or wash daily using your normal shower products prior to application of Prontoderm foam.
- After washing and drying, use enough foam to ensure coverage of each area of the body rubbing in until your skin is dry. Pay particular attention to apply the product to the armpits, navel, groin and perineum. Take care to avoid contact with the eyes, inside the mouth and inside the nose.
- **Do not rinse the foam off.**
- On day 2 and day 4, your hair should be washed using your normal shampoo, towel dried then Prontoderm foam combed through from the roots to the ends of the hair. Dry hair as usual, but avoid using hair straighteners.
- During the 5 day treatment, clean clothes should be worn after application and changed daily.
- Bed linen and towels should be washed daily or as a minimum on day 1 and day 5.

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

- It is important to wash your hands with liquid soap and warm running water before and after applying the ointment.
- For both nostrils, place a small amount of the cream, about the size of a match head, on your little finger and apply to the inside of each nostril four times a day for 10 days.
- Pinch the nostrils lightly together after applying the ointment to help spread it.
- Discard any remaining product at the end of the 10 days of treatment.
- If you are pregnant or breastfeeding, please discuss with your GP prior to use.


Treatment plan

Prontoderm foam treatment		Day 1	Day 2	Day 3	Day 4	Day 5
Apply daily to dry skin		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comb foam through clean hair			<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"/>


Prontoderm foam step-by-step guide

1



Shower or bath as normal with your usual washing products.
Pay particular attention to the armpits, navel, groin and perineum.
Dry using a clean towel.


2



Final stage of decolonisation therapy

By hand or using a dry wipe, apply enough foam to ensure full coverage of each body part and rub in until dry. Pay particular attention to the armpits, navel, groin and perineum.

This also includes the hair. Massage into the scalp, comb through hair and leave to dry.

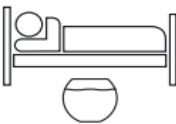


Please note, step 1 is optional when using Prontoderm® Foam

Do not wash off or dilute Prontoderm® Foam


Prontoderm foam step-by-step guide for bed bound service users

1



Conduct patient bed bath as normal with usual washing products.
Pay particular attention to the armpits, navel, groin and perineum.
Dry using a clean towel.


2



Final stage of decolonisation therapy

By hand or using a dry wipe, apply enough foam to ensure full coverage of each body part and rub in until dry. Pay particular attention to the armpits, navel, groin and perineum.






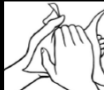
This also includes the hair. Massage into the scalp, comb through hair and leave to dry.



Do not wash off or dilute Prontoderm® Foam

Naseptin nasal cream step-by-step guide

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

					
<p>1. Wash and dry your hands.</p>	<p>2. Unscrew the cap and squeeze a small amount of cream, about the size of a match head onto your little finger.</p>	<p>3. Apply cream to the inside of one nostril.</p>	<p>4. Repeat steps 2 and 3 for the other nostril.</p>	<p>5. Close your nostrils by pressing the sides of the nose together for a moment. This will spread the cream inside each nostril.</p>	<p>6. Wash and dry your hands. Then replace the cap on the tube.</p>

If severe irritation occurs with any of the products, discontinue use and contact your GP for further advice.