

MRSA

Octenisan and Bactroban 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 5 day 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 and a nasal ointment.

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

Octenisan antimicrobial wash lotion is effective at destroying MRSA and should be used on both your body and hair.

- You will need to shower or strip wash **once** daily for 5 days using the antimicrobial wash lotion.
- After showering with your normal skin products, apply Octenisan undiluted to the whole body and leave for the recommended contact time of 1 minute before rinsing off thoroughly.
- Use the wash lotion as a hair shampoo on day 2 and day 4. Hair conditioner can still be used after using the Octenisan wash lotion. You can wash your hair as normal on the other days during the treatment.
- 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)

- 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 ointment about the size of a match head on your little finger and apply to the inside of each nostril three times a day for five days.
- Pinch the nostrils lightly together after applying the ointment to help spread it.
- Discard any remaining product at the end of the 5 days of treatment.

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"/>				
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"/>				
	Afternoon	<input type="checkbox"/>				
	Evening	<input type="checkbox"/>				

Octenisan antimicrobial 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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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 GP for further advice.