

How to use your medication

Many bacteria (germs) live in and on our bodies and are also present in our surroundings. Your doctor or nurse has told you that the results of your swab test have shown that you are colonised with a germ called **Meticillin Resistant Staphylococcus Aureus (MRSA)** or **Meticillin Sensitive Staphylococcus Aureus (MSSA)**.

This means that you have MRSA or MSSA living on your skin and/or in your nose. It may go away in a few hours, days, weeks or months without you noticing. But it could cause an infection if it gets deeper into your body.

You will need a course of treatment that will involve nose and skin disinfection over five days to reduce the amount of bacteria you are carrying. This will help to reduce your risk of getting an infection or spreading the bacteria. This factsheet explains how to apply the medications to obtain the best results.

You can use the checklist below to help you keep track of your medicines:

Day 1 (8am,12pm,6pm)		Day 2 (8am,12pm,6pm)		Day 3 (8am,12pm,6pm)		Day 4 (8am,12pm,6pm)		Day 5 (8am,12pm,6pm)	
Nose:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Nose:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Nose:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Nose:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Nose:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Body:	<input type="checkbox"/>	Body:	<input type="checkbox"/>	Body:	<input type="checkbox"/>	Body:	<input type="checkbox"/>	Body:	<input type="checkbox"/>
Throat:	<input type="checkbox"/> <input type="checkbox"/>	Throat:	<input type="checkbox"/> <input type="checkbox"/>	Throat:	<input type="checkbox"/> <input type="checkbox"/>	Throat:	<input type="checkbox"/> <input type="checkbox"/>	Throat:	<input type="checkbox"/> <input type="checkbox"/>
Hair:	<input type="checkbox"/>			Hair:	<input type="checkbox"/>				

Contact details

Please contact your specialist nurse if you have any questions or concerns.

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899
(available 24 hours a day, 7 days a week)

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

Please see the directions overleaf.



Relevant instructions (CNS to tick)	When to use medication	Name of medication	Direction for use
	Each day for 5 days	Mupirocin nasal ointment (Bactroban nasal®)	<p>Wash your hands, place a small amount of the cream on the tip of your little finger or a fresh cotton bud and carefully apply to the inside of each nostril. Pinch your nostrils lightly together after application. You should be able to taste the ointment at the back of the throat. Wash your hands.</p> <p>Apply the ointment three times a day to each nostril.</p>
	Each day for 5 days	Chlorhexidine gluconate 4% solution for shower	<p>Ideally use in a shower. Use a clean washcloth and towel with each shower. Wash your body from neck to feet, using undiluted solution, trying to create a lather. Finish with the groin and anal areas and leave it on for one minute. Rinse the soap off your body thoroughly.</p> <p>Use your own shampoo on your hair. Dry your skin; finishing with the groin and anal areas. You may use moisturiser afterwards if you wish.</p> <p>Wear clean clothes or pajamas after each shower.</p> <p>Change your bed sheets daily before surgery.</p> <p>If your skin becomes red or sore, please stop use and let us know.</p>
	On Day 1 and Day 3	Chlorhexidine gluconate 4% solution for hair	Wash your hair using the same Chlorhexidine wash that you used for your body. Rinse off the Chlorhexidine wash and then wash your hair a second time using your usual shampoo. You may use conditioner if you wish.
	Each day for 5 days	Chlorhexidine gluconate 0.2% mouthwash (Corsodyl®)	Gargle or rinse your mouth twice a day. Ideally after breakfast and before going to bed.

