

## MRSA decolonization instructions before surgery for adult patients

This letter contains important information concerning your treatment, so please read it carefully.

### MRSA decolonisation from the skin and the nose before major surgery to reduce the risk of infection

Perform the treatment on five (5) consecutive days before your surgery according to these instructions. If your surgery is less than five days away, perform the treatment on as many days as you can.

The substances used are 2% mupirocin nasal ointment (Bactroban Nasal, requires a prescription), and over-the-counter body wash foam with chlorhexidine (such as Bactiscrub or Ericept CHG) or a liquid soap with chlorhexidine. These are available in pharmacies.

Apply **Bactroban Nasal** ointment on the nasal membranes 2 times a day (in the morning and evening) for 5 days.

1. Wash your hands first.
2. Squeeze out 1 cm of nasal ointment on a clean cotton swab and apply it into your nostril. Repeat for the other nostril.
3. Pinch your nose and rub the nostrils together lightly from the outside with your index finger and thumb.
4. Wash your hands again when you are done.

### Disinfection of the skin

1. First, take a shower and then rub the body wash with chlorhexidine all over your body—but not in the eyes, ears or on mucous membranes.
2. Take care to wash your groin, stomach, arms and legs, the neck, chest, and armpits.
3. Leave the body wash on for at least 1 minute before rinsing it off.
4. Do not use any other soap.
5. After washing, use a clean towel to dry yourself and put on clean clothes.
6. Also wash your hair with the chlorhexidine body wash in the evening before the surgery.
7. Sleep the night preceding your surgery in clean bed linen.
8. In the morning of the surgery day, wash yourself once more with the chlorhexidine body wash.
9. Wear clean clothes after showering.

**If you cannot shower**, use chlorhexidine washcloths to clean your skin all over. Do not rinse after using the washcloths.



*Patient instructions | HUS Infection Control Unit | Approved on: 09/07/2021*