



## INFORMATION SHEET FOR MRSA INFECTED PATIENTS ON DISCHARGE

Patient's name: .....

Date: .....

### Background

A bug called MRSA (Meticillin Resistant *Staphylococcus aureus*) has been found on your -----  
----- If it stays in those places it will cause no harm but if it spreads to a wound or into your body, it may cause an infection. Likewise if it spreads to another hospital patient it may cause an infection and so we would like you to follow these instructions in order to try and reduce this happening. If a Doctor/Nurse at other health care facility or at home is treating you please show her these instructions.

### Family, friends and relatives

The bug for which these procedures are being undertaken poses no risk to normal healthy people. Normal social contact with family, relatives and friends is of no risk and should be encouraged. No special precautions will need to be taken. If one of the people living in the same house as you is sick or is a hospital worker please tell the Nurse before you go home. He/ she will discuss this with the Infection Control Doctor to see if any special precautions need to be taken.

### Pregnant or a nursing mother

If you are pregnant, and fit and healthy, there are no additional risks from MRSA. Breastfeeding is safe for you and your baby. However, in common with the usual advice given to breastfeeding mothers, if you notice certain symptoms, you should contact your doctor for advice. These include:

- painful breasts
- red patches or a sense of 'lumpiness' around the breasts
- flu-like symptoms, including a temperature

### Treatment to continue when you go home, this may include:

#### – Ointment for your nostrils:

Your nurse or doctor will tell you how and when to use this. It is usually easiest to use a cotton bud to put a small amount of the ointment into each nostril three times a day for five days, and then pinch the nostrils together to spread the ointment.

Your doctor or nurse will write down below where and how you should apply this cream:

.....

#### – A special antiseptic soap to use when you have a bath or a shower:

A bath or shower should be taken at least every second day, preferably every day, and your hair should be washed twice every five days using the antiseptic foam/soap, which you are given. A clean towel should be used after each bath and shampoo and this should be kept for your use only. Put on clean clothes and change your pajamas, bed sheets and pillowcases, if possible. All the used clothes and bed linen can be safely hand or machine-washed using a normal washing program, suitable for the fabric.

.....

**If any of the above treatments cause you skin irritation, please stop using them immediately and inform your Doctor**

Treating physician-----

**The Infection Control Directorate has produced this leaflet**