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The MRSA decolonisation plan  
for patients and family members

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**TOGETHER**  
**AGAINST**  
**MRSA**



# Decolonisation in case of MRSA colonisation (Flyer for patients)

Dear patients,

Decolonisation aims at removing MRSA bacteria from your skin and mucous membranes.

Decolonisation of the nasal mucous membranes can be achieved by applying an antiseptic nasal salve. Mouth and throat are treated with antiseptic gargle solutions. MRSA can be removed from the skin and hair through antiseptic washing lotions. These measures are relatively elaborate and time-consuming, but if correctly applied, MRSA decolonisation can be achieved within 5 days.

## Five day decolonisation plan

Decolonisation must be carried out over a period of five consecutive days with a subsequent pause of 3 days. Controls should directly ensue.

### Decolonisation plan for clinic

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Decolo	Decolo	Decolo	Decolo	Decolo	S	S	S
Iso	Iso	Iso	Iso	Iso	Iso	Iso	Iso

(Decolo.= Decolonisation, S= Swab, Iso= Isolation)

Continue isolation if first swab is positive

End isolation if three consecutive swabs are negative

### Decolonisation plan for care facilities

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Decolo	Decolo	Decolo	Decolo	Decolo	S
Iso	Iso	Iso	Iso	Iso	Iso

(Decolo.= Decolonisation, S= Swab, Iso= Isolation)






Continue isolation if swab is positive


End isolation if swab is negative --> MRSA negative (preliminary result)




MRSA negative (definite result) if swabs are negative after 12 months



Swab control after 3 to 6 months

Swab control after 12 months

What?	By which means?¹	When?	How?
Nose	<ul style="list-style-type: none"> <li>— First choice: Mupirocin (Turixin®)</li> <li>Alternative: — Octenisan® Nose gel</li> </ul>	3 times per day	 <p><b>1st step:</b> Apply one match tip-sized amount of salve ...</p>
			 <p><b>2nd step:</b> ... onto cotton bud or pinkie ...</p>
			 <p><b>3rd step:</b> ... insert into each nostril ...</p>
			 <p><b>4th step:</b> ... press nasal wings together so that salve is spread in nose</p>
Mouth / throat	<ul style="list-style-type: none"> <li>— Octenidol® gargle solution</li> </ul>	3 times per day	<ul style="list-style-type: none"> <li>— Use 15 ml of solution and gargle for 15 s. Repeat procedure 2-3 times</li> </ul>
Dentures	<ul style="list-style-type: none"> <li>— Tooth paste</li> <li>— Octenidol® gargle solution</li> </ul> 	3 times per day	<ul style="list-style-type: none"> <li>— Use disposable tooth brush or soak tooth brush in antiseptic gargle solution for 30 s.</li> <li>— immerse dentures in antiseptic gargle solution for 30 s. Use disposable tooth brush or soak tooth brush in antiseptic gargle solution for 30 s.</li> </ul>

What?	By which means?¹	When?	How?
<p>Body / hair washing</p>	<p>Octenisan®, washing lotion</p> 	<p>1–2 times per day</p> <p>wash once a day</p>	<p><b>Body washing / shower</b></p> <ul style="list-style-type: none"> <li>— Moisten skin</li> <li>— Apply antiseptic washing solution to palm or washcloth (use disposable washcloth or several washcloths, wash them immediately afterwards)</li> <li>— apply thoroughly on face, neck, ears, armpits, inguinal, anal, and genital region</li> <li>— leave on for at least 1 min.</li> <li>— rinse with fresh washcloth</li> <li>— dry with fresh towel</li> <li>— put on fresh underwear and fresh clothes</li> </ul> <p><b>Hair:</b></p> <ul style="list-style-type: none"> <li>— take 1 tablespoon of the prescribed washing lotion</li> <li>— massage thoroughly into scalp and hair</li> <li>— leave on for at least 1 min.</li> <li>— rinse afterwards</li> <li>— comb with disposable comb or wipe the comb with antiseptic lotion</li> </ul> <p><b>Shave:</b></p> <ul style="list-style-type: none"> <li>— Wet shave: disposable razor and shaving foam (no shaving brush, no shaving soap)</li> <li>— Dry shaving: wipe shaving foil with disinfectant after each shave.</li> </ul>

What?	By which means?¹	When?	How?
<p>Acute wounds</p> <p>Chronic wounds</p> <p>Mucous membranes</p>	<p>Octenisept® Wound and mucous membrane antiseptic solution²</p> 	<p>once per day</p>	<ul style="list-style-type: none"> <li>— apply in case of acute wounds</li> <li>— apply in case of chronic wounds</li> <li>— for mucous membranes: apply for 2 min.</li> </ul>
<p>Underwear</p> <p>Outerwear</p> <p>Bedlinen</p> <p>Towels</p> <p>Washcloths</p>		<p>daily</p>	<ul style="list-style-type: none"> <li>— Towels and washcloths must be laundered at a minimum of 60 °C after use</li> <li>— Bedlinen and underwear must be changed daily. Both must be washed at a minimum of 60 °C.</li> <li>— Outerwear should also be laundered at 60 °C, if possible.</li> </ul>
<p>Utensils</p>			<p>The following utensils should not be used during the 5 days of decolonisation to avoid recolonisation with MRSA:</p> <ul style="list-style-type: none"> <li>— Roll-on deodorants, creams, lipsticks and soaps should be disposed of</li> <li>— Jewellery, watches and hair accessories should be wiped with Octenisan®. Wear again only after decolonisation.</li> </ul>

<b>What?</b>	<b>By which means?¹</b>	<b>When?</b>	<b>How?</b>
Medical aids and appliances	Octenisan®, washing lotion 	daily	— Wipe hearing aids and glasses carefully with a disposable tissue and Octenisan® washing lotion
Products	Mikroqid® AF wipes 	daily	— Wipe telephone, remote control, walking aid, rollator with Mikroqid® AF wipes.

1 The MRSA Network has experience with the products enlisted here. However, the above mentioned products do not constitute recommendations. Upon consultation with medical staff, similar products can be used alternatively.

2 Octenisept®: is licensed for use in pregnant women, neonates, premature babies and children.

## Most important:

### Thorough hand hygiene!

#### **Hand disinfection of the MRSA carrier during the five day decolonisation:**

MRSA lives on the skin and is spread primarily via the hands of the MRSA carrier. Therefore, it is most important to implement a thorough hand disinfection routine after body care, after using the toilet, after blowing the nose etc.

Apply a sufficient amount of hand disinfectant to the dry palm and rub thoroughly onto the hands for 30 seconds. All parts of the hand need to be moistened with the solution, with a special focus on:

- Thumbs
- Finger tips and space between fingers
- Nail folds
- Back of the hands and wrists

#### **Wounds:**

Bandages should be dry and impermeable.

Do not treat wounds on your own!

Disinfect hands after contact with wound secretions, do not forget to wipe shoes with disinfectant.

#### **Underwear:**

Your underwear and stockings should be washable at a minimum of 60 °C.

#### **Cosmetics:**

Discard used lipsticks, deodorants and crèmes prior to decolonisation. After decolonisation, only use new products.

Do not forget to take off your jewellery and watch during decolonisation.

For any further questions, please refer to our  
homepage [www.mrsaar.net](http://www.mrsaar.net),  
or contact us: +49 (0)6841/162-3944

Your **MRSA**<sup>ar/netz</sup> team

# **MRSA**<sup>ar/netz</sup>

NETZWERK ZUR PRÄVENTION UND KONTROLLE  
VON MRSA IM SAARLAND

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