

Queen Elizabeth Hospital Birmingham



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# Use of *Staphylococcus aureus* decolonisation treatment in dialysis patients

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In a number of people, the bacteria *Staphylococcus aureus* lives, causing no harm, on our skin and inside our noses. This is called colonisation. It is only if the skin is broken (if there are cuts to the skin or during an operation), or if you develop an infection from this bacteria, that it can become a problem.

Your medical team have recommended that you complete a course of treatment to reduce the risk of *Staphylococcus aureus* infection using some antimicrobial preparations to remove any bacteria from the skin and nose. This is called decolonisation treatment. It involves using an antimicrobial lotion for washing with and an ointment to remove any bacteria hiding in the nose.

## Why do I need this treatment?

This maybe recommended for you for one of several reasons and your nursing or medical team should have explained this to you.

1. You have recently had a swab taken from your skin that has grown the bacteria *Staphylococcus aureus*. It is likely that you have been given a course of antibiotics to treat any infection. Also, in order to try and completely get rid of this bacteria and reduce the risk of future infections, we recommend this decolonisation treatment.
2. You have had an infection in the bloodstream with *Staphylococcus aureus*. Antibiotics treat the bloodstream infection but decolonisation treatment reduces the risk of the infection coming back.
3. You are having a dialysis line put in. *Staphylococcus aureus* can become a problem because of the cut in the skin and the fact that you have plastic going into the blood stream. Decolonisation treatment can help reduce your risk of developing an infection from any of these bacterial living harmlessly on your skin.

## What is an antimicrobial wash?

Antimicrobial wash is a liquid gel (same as shower gel) containing ingredients such as octenidine or chlorhexidine. These special ingredients remove the *Staphylococcus aureus* bacteria that live on the skin and hair.

## How do I use the antimicrobial wash?

For the next 5 days you should wash your full body with the antimicrobial wash. Use in the same way as if you were using shower gel, either direct onto wet skin or pour onto a damp, clean wash cloth/sponge and rub all areas of your body, paying particular care to the armpit, groin, belly button and foot areas. Leave on the skin for 3 minutes before rinsing off with clean water.

## Hair

Wash the same as you would if using shampoo. Leave for 3 minutes before rinsing with clean water. You should do this twice in the next 5 days.

Dry both your hair and body using a clean towel. Redress in clean clothing (avoid replacing previously worn clothes as these can allow bacteria back onto your clean skin).

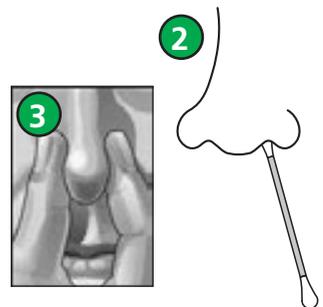
## How do I treat bacteria living in my nose?

Staphylococcal aureus bacteria like to live in warm, moist areas and can therefore be found in the nose where they will not be removed using the body wash. We have therefore also supplied you with some ointment Mupirocin (Bactroban) which should be applied as described below to the nostrils 3 times daily for 5 days.

1. Wash hands thoroughly then remove the cap



2. With clean hands or a cotton wool bud apply a 'match head' size of ointment to the inner side of both nostrils



3. Press the nostrils together and gently massage for approximately 1 minute to distribute the ointment evenly throughout the inside of the nostrils

4. Wash hands and replace the cap back on the tube

**Please tell your nurse or doctor immediately if you think your skin is sensitive to either of these treatments or you are unsure how to use correctly.**



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