



# How to use antiseptic body wash and antibiotic nasal ointment for renal patients who have positive swab results for MRSA (Methicillin resistant Staphylococcus aureus) or MSSA (Methicillin-Sensitive Staphylococcus aureus) and or prior to the insertion of a Haemodialysis Catheter

## Introduction

Kidney patients are at high risk of carrying Staphylococcus Aureus. Staphylococcus Aureus is a common germ that is harmlessly carried in the noses or on the skin of many people. Many people who carry the germ have no symptoms and are unaware of it. The same can apply to people who have MRSA on their skin. If this germ spreads to a wound, haemodialysis catheter or peritoneal dialysis catheter exit site then problems can occur.

If you are to have a fistula formed or haemodialysis catheter inserted, you may be tested for the germ. By taking swabs from your nose, any wounds, fistula, or haemodialysis catheter, we can detect if you are a carrier of Staphylococcus Aureus. If it is found you do have the germ you will be given a body wash and nasal ointment to use. If you do not have Staphylococcus Aureus or are not tested and you are expected to have a new haemodialysis catheter, then you will be given a body wash and nasal ointment.

The body wash is called Chlorhexidine or Octenidine body wash. The nasal ointment is called Mupirocin Nasal Ointment

## How to Use Chlorhexidine or Octenidine Body Wash

The body wash is to be used as a liquid soap directly onto the skin and must not be diluted into water first. You should preferably shower or bathe every day for **FIVE** days with the body wash. If you are unable to shower or bathe, the body wash can be used as a liquid soap whilst washing at a sink or bedside.

- Apply approximately 30mls (1 tablespoon full) directly onto the skin, using a wet disposable cloth, (do not dilute the body wash in the water in a wash bowl or bath)
- You should pay particular attention to your hands, around the nostrils, arm pits, groin, and other skin folds.
- The body wash should be in contact with the skin for at least **ONE** minute, then rinsed of thoroughly from head to toe.
- You should wash your hair **TWICE** during the five days with the same solution.
- Dry, using a clean towel which only you use.
- After your shower or bath, you must put on clean clothing or night clothes.

If the body wash causes any irritation, you must inform the nurses at your dialysis unit.

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## How to use the Mupirocin Nasal Ointment

The Mupirocin Nasal Ointment is to be applied **THREE** times a day to the inner surface of each nostril for **FIVE** days. This ointment is for your use only. It is to be stored at room temperature. Once your nurse has informed you that the germ is cleared you must discard any remains of the tube.

- **WASH HANDS THOROUGHLY** – then remove cap.
- A small amount of Bactroban should be placed on a cotton bud or little finger and applied to the inside of each nostril.
- The nose should be closed by pinching together the sides at each application (this helps to spread the ointment inside the nose)
- Wash hands and replace the cap back on the Bactroban tube.
- Apply **THREE** times daily for **FIVE** days. (as well as using the body wash daily for five days)

If you have any queries or problems with the treatments, you have been asked to use, please do not hesitate to contact a nurse or doctor at your dialysis unit or contact one of the below numbers

Renal Assessment Unit (QEH) Tel: **0121 371 3017 or 0121 371 3024**

The Renal Assessment Unit is available 08:00–20:00, Monday–Friday, 08.00–16.00 Saturday and Sunday. Outside of these hours the on-call renal registrar can be contacted the Queen Elizabeth Hospital Birmingham switchboard on **0121 371 2000**.

Ward 3 (BHH) Tel: **0121 424 0203** – 24 hours

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