



# Staphylococcus aureus decolonisation therapy (with Bactroban)

---

**This leaflet explains Staphylococcus aureus decolonisation therapy using the prescribed skin cleanser (antiseptic body wash) and Bactroban ointment and is for patients coming into the Royal Berkshire NHS Foundation Trust. Failure to fully follow these instructions may result in your operation or procedure being cancelled on the day of surgery if you are having a surgery.**

---

## What is Staphylococcus aureus decolonisation therapy?

- It is a treatment to reduce or control Staphylococcus aureus (SA) bacteria, including Meticillin Resistant SA (MRSA) living on the skin and nose
- The decolonisation therapy aims to reduce the presence and shedding of SA and so reduces the risk of transmission into any wounds or indwelling devices.
- SA decolonisation therapy consists of an antiseptic body wash solution (Hibiwash® or Octenisan®/ Oilatum® Plus if you are allergic to chlorhexidine) to be **used only on the skin** and Bactroban® (mupirocin 2%) nasal ointment to be **used only in the nose. Both therapies are to be used at the same time.**

## Important questions to ask before using the ointment/wash solution:

- Are you allergic to Bactroban® (mupirocin) or any of its ingredients or excipients?
- Are you allergic to the prescribed antiseptic skin wash or any of its ingredients or excipients?
- Are you pregnant or think you may be?
- Are you breastfeeding?
- Do you have an open wound?
- Do you have psoriasis or eczema?

**If you answer YES to any of the questions above DO NOT use these topical (on the skin) medicines until you have talked to your hospital consultant / clinical team.** You may need to be given an alternative medication or the dose may need to be changed.

## General advice

- Start treatment as directed by your nurse/doctor, use them at regular intervals and complete the course.
- If your procedure is postponed, seek further advice from your doctor, nurse or pharmacist.
- During your wash, it is important to ensure all body areas are covered and pay particular attention to folds in the armpits, stomach, groin and belly button areas.

Compassionate

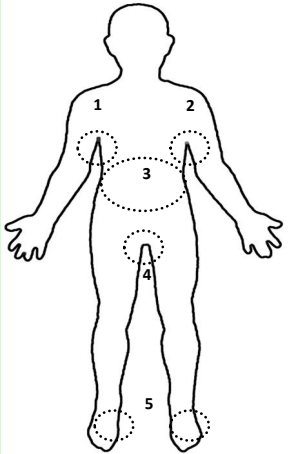
Aspirational




Resourceful


Excellent

- After washing, use clean sheets and clothing. Launder items separately from those of other family members, using as high a temperature as the fabric allows.
- For the duration of skin treatment; sheets and towels should be changed daily if at all possible. Minimum requirements are to change towels and bedding on days 1 and 4 of the protocol. (Day 5 = the day of your procedure)
- At the end of your treatment, dispose of all topical medical items as directed.

**Decolonisation treatment plan**

<b>Hibiwash®/ Octenisan®/ Oilatum® Plus body wash instructions:</b>	
<ol style="list-style-type: none"> <li>1. Use <b>ONCE DAILY</b> as a soap substitute in the shower <b>for 5 days</b>.</li> <li>2. Apply neat (undiluted) to wet skin directly or to a dampened wash-cloth/disposable wipes (single patient use only) and rub onto all areas of the body (particularly areas 1, 2, 3 and 4), <b>leave for ONE minute</b> and rinse off.</li> <li>3. Use a clean and dry personal towel each time, i.e. towels should be for individual person use and changed daily.</li> <li>4. <b>Keep out of the eyes</b> (if chlorhexidine solution come into contact with the eyes, wash out promptly and thoroughly with water) <b>and ears</b>.</li> </ol>	
<b>Shampooing</b>	
<ol style="list-style-type: none"> <li>1. Use as a shampoo on <b>alternate days for the 5 days</b> of treatment.</li> <li>2. Apply to hair and scalp and <b>leave for ONE minute</b> before rinsing.</li> </ol>	

Agent	Trade name	<b>Bactroban nasal ointment instructions:</b>	
<b>Mupirocin 2% nasal ointment</b>	<b>Bactroban®</b>	<b>Apply to the inner surface of both nostrils 3 times daily for 5 days</b>	
		<b>How to apply?</b>	
		a) Wash your hands thoroughly using soap and water. Unscrew the cap and squeeze a small amount of ointment, about the size of a match head, onto your little finger.	
		b) Apply ointment to the inside of one nostril.	
		c) Repeat for the other nostril.	
d) Close your nostrils by pressing the sides of the nose together for a moment and massage gently upwards			

		until you can taste Bactroban at the back of your throat. This will spread the ointment inside each nostril.	
		e) Wash your hands and replace the cap on the tube.	
		<b>Keep out of the eyes and ears.</b>	
		<b>If you need to apply the nasal ointment to another person, use a cotton bud instead of the finger.</b>	

**Storage information:**

Store antiseptic skin wash and Bactroban at room temperature (below 25°C).

**What unwanted side effects might your topical medicines have?**

Please refer to the product information leaflet that comes with your topical medications.

**Questions and concerns**

If you have any questions or concerns about Staphylococcus aureus decolonisation therapy, please ask your nurse for further information or you can contact the Royal Berkshire NHS Foundation Trust Infection Control team on 0118 322 6914, email: [infection.control@royalberkshire.nhs.uk](mailto:infection.control@royalberkshire.nhs.uk).

**How do I find out more?**

United Kingdom Health Security Agency <https://www.gov.uk/government/publications/pvl-staphylococcus-aureus-infections-diagnosis-and-management>

Thames Valley Health Protection Team Tel: 0344 225 3861 <https://www.gov.uk/health-protection-team>

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Simon Wells, RBFT Infection Prevention & Control, November 2024  
 Next review due: November 2026