



Treatment plan for MRSA carriers

Information for patients

For 5 days:

- **Apply nasal cream:**
 - Apply mupirocin nasal cream (Bactroban®) in both nostrils 3 times a day (morning/afternoon/evening).
 - Using a cotton bud or your little finger, place a blob of cream the size of a match head just inside each nostril. Next, squeeze the sides of your nose together and massage them to spread the cream.

- **Washing:**
 - Wash your skin and hair under the shower daily with 40 mg/ml Chlorhexidine soap solution or 75 mg/ml Betadine shampoo.
 - Briefly turn off the shower to allow the soap to soak in. Do not take a bath, do not use any bath sponges and throw away any used sponges.

- **Clothing:**
 - Use clean underwear, clothing, washcloths, towels, pyjamas and other nightwear every day. All other clothing that comes into direct contact with the skin must also be changed daily. When you go to bed, wear clean underwear and pyjamas/nightdress.
 - Wash clothing at the highest possible temperature, but at least at 40 degrees. Where possible, use a tumble dryer to dry clothing or iron it.

- **Bedding:**
 - Change bedding on days 1, 2 and 5.
 - Wash bedding at the highest possible temperature, but at least at 60 degrees. Where possible, use a tumble dryer to dry bedding or iron it.

- **Antibiotics:**
 - Depending on the doctor's indication, the above instructions might be combined with a course of antibiotics:
 - A course combining 2 types of antibiotic according to the doctor's prescription for 7 days.

You will find more general information about MRSA at: www.mrsanetwerk.nl

Treatment plan with course of antibiotics

Treatment	Apply nasal cream	Washing	Clothing	Bedding	Antibiotics
Day 1	Morning Afternoon Evening	1x skin and hair	change	change	Intake according to prescription
Day 2	Morning Afternoon Evening	1x skin and hair	change	change	Intake according to prescription
Day 3	Morning Afternoon Evening	1x skin and hair	change	No change	Intake according to prescription
Day 4	Morning Afternoon Evening	1x skin and hair	change	No change	Intake according to prescription
Day 5	Morning Afternoon Evening	1x skin and hair	change	change	Intake according to prescription
Day 6	No change	No change	No change	No change	Intake according to prescription
Day 7	No change	No change	No change	No change	Intake according to prescription

Treatment plan without course of antibiotics

Treatment	Apply nasal cream		Washing	Clothing	Bedding
Day 1	Morning		1x skin and hair	change	change
	Afternoon				
	Evening				
Day 2	Morning		1x skin and hair	change	change
	Afternoon				
	Evening				
Day 3	Morning		1x skin and hair	change	No change
	Afternoon				
	Evening				
Day 4	Morning		1x skin and hair	change	No change
	Afternoon				
	Evening				
Day 5	Morning		1x skin and hair	change	change
	Afternoon				
	Evening				
Day 6	No change		No change	No change	No change
Day 7	No change		No change	No change	No change