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**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 at least 7 days.

You will find more general information about MRSA at: [www.mrsanetwerk.nl](http://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 |
| Day 8 | No change | | No change | No change | No change | Intake according to prescription |
| Day 9 | No change | | No change | No change | No change | Intake according to prescription |
| Day 10 | No change | | No change | No change | No change | Intake according to prescription |
| Day 11 | No change | | No change | No change | No change | Intake according to prescription |
| Day 12 | No change | | No change | No change | No change | Intake according to prescription |
| Day 13 | No change | | No change | No change | No change | Intake according to prescription |
| Day 14 | No change | | No change | No change | No change | Intake according to prescription |

\*Duration of antibiotics treatment (7, 10 or 14 days) is determined by the prescribing doctor.

Treatment plan without course of antibiotics

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