

How to use antibacterial wash and nasal ointment to reduce the risk of infection

Infection Prevention

Information for Patients and Carers

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Introduction

During your hospital stay we will give you an antibacterial soap (also known as StelliSept) to wash with. You will need to use this every day while in hospital. This is suitable for children. This soap helps to reduce the amount of germs on your skin. It will help reduce the risk of infections.

We also give some people a nasal antibacterial ointment to use in their nose. This might be because you:

- are having an operation.
- have had an infection such as MRSA in the past.
- have a plastic tube (cannula) going into a major vein (central line).
- are in a high risk ward area.

This leaflet will tell you how to use the antibacterial wash and nasal ointment correctly. It will tell you how you can reduce your risk of catching or spreading an infection in hospital.

Before your operation

If you have a pre-assessment appointment we may ask you to complete a 3 day course treatment. This will be 3 days before your procedure date and continue when in hospital.

The pre-assessment clinic nurse will advise you when to start the treatment and if you need MRSA screening swabs.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How to use the antibacterial wash:

1. Apply the antibacterial wash directly on wet skin and hairline. You can do this using your hands or a clean cloth like a flannel. Or use the disposable cloths for patients at the hospital. **Do not** mix into a bowl of water as it will not be effective.
2. Rub thoroughly on to your body and hair. Rub into your skin creases like the area under your arms and between your fingers. The antibacterial wash does not lather (foam/bubbles) so you do not need to use more of it.
3. Leave it on your body for at least 30 seconds and then rinse off.
4. Use the antibacterial wash on your hair. You can use your own shampoo and conditioner afterwards.
5. Dry yourself with your own clean towel.
6. Wash with the antibacterial soap every day.



How to use the nasal ointment:

The nasal ointment protects against bacteria in the nose called *Staphylococcus aureus* and MRSA (meticillin-resistant *Staphylococcus aureus*) in the nose. These bacteria can spread by your hands or when breathing or sneezing. It can cause skin infections and other types of infections. The nasal ointment helps to prevent infections.

1. Wash your hands before you apply the ointment.
2. Unscrew the cap and squeeze a small amount of ointment. This should be about the size of a match head, onto your little finger.
3. Apply to the inside of one nostril.
4. Take another match head sized amount and apply to the other nostril.
5. Close your nostrils by pressing the sides of your nose together for a moment. This will spread the ointment inside each nostril.
6. Do not touch your eyes.
7. Wash your hands and close the cap on the tube.



Some people can feel a sting in the nose after applying nasal ointment. This will not last long. If it does not get better or you have any other unusual problems, tell the nurse or contact your GP.

You can look at the leaflet that came with the medication if you would like to know more about it, or ask your doctor or pharmacist.

When should I not use the nasal ointment?

Do not use the nasal ointment if you are allergic to any of the ingredients in the medicine. Talk to your doctor, nurse or pharmacist before using it. We may need to give you a different antibacterial ointment instead. You can find the ingredient list in the packet leaflet.

How do I apply nasal ointment to another person?

Use a cotton bud when applying nasal ointment to another person. This can be for an infant or a patient who is very ill. You should take special care with these patients.

If you forget to apply ointment at the right time, apply it as soon as you remember. Do not apply 2 doses within 1 hour of each other.

How to reduce the risk of catching, or spreading an infection in hospital

- Keep your hands clean using the alcohol hand sanitiser when you are in hospital .
- Wash your hands with soap and water before you eat any food.
- Make sure you always wash your hands after using the toilet.
- If you have to use a commode, bedpan, or urinal and you are unable to use the hand wash basin in the bay/room, please ask for a bowl of water and soap to wash your hands afterwards.
- Try to keep the top of your locker and bedside table free from clutter. Try not to bring too many belongings into hospital. Too many items left on top of your locker/bedside table makes it difficult for domestic staff to clean properly.
- Keep food that you bring into hospital covered. This can be biscuits, cakes, sweets, and fruit.

Are there any other things I can do to reduce the risk of infection?

- Please tell staff if you find any area of the ward dirty.
- Please let nursing staff know if you are sick or have diarrhoea.
- Staying still for a long time can lead to more health problems like infections. We will encourage you to move about the ward regularly.
- Always wear something on your feet when walking around in hospital. Make sure they have some grip on the bottom as hospital floors can be slippery. Always remove shoes, slippers and grip socks before getting into bed to keep your sheets clean.

Contact details

To reduce the risk of healthcare related infections across our hospitals we have a dedicated infection prevention team. They use policies which are evidence based and regularly reviewed.

We closely monitor infection rates across our hospitals. Any risks and trends are reported to our Infection Prevention Assurance Committee, Board of Directors and UK Health Security Agency (UKHSA).

Infection Prevention Team: **0116 258 5448**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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