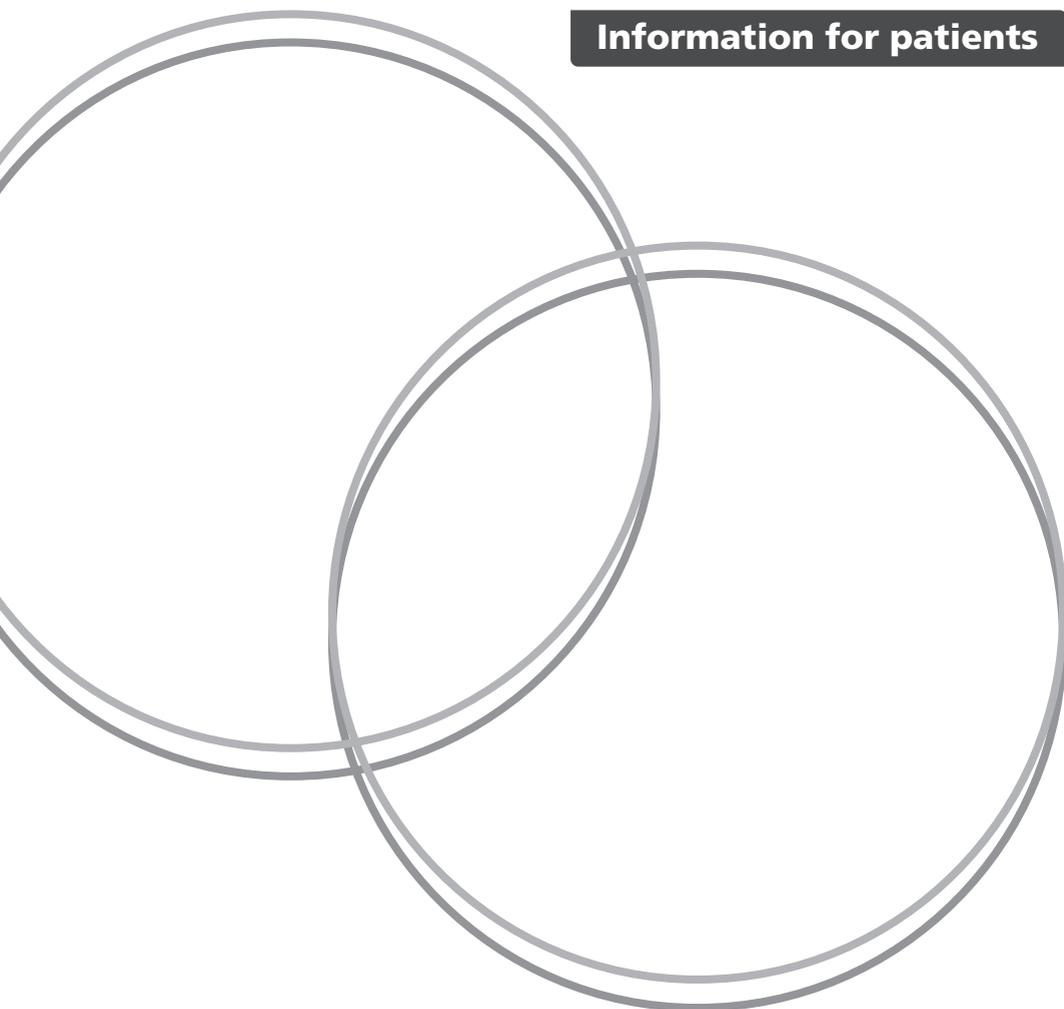


# Pre-procedure Skin Decolonisation Therapy

Information for patients



## **Why is pre-procedure skin hygiene important?**

Our skin protects us from bacteria (germs) and infection. During surgery, the skin is cut and the risk of infection increases. Good pre-procedure skin hygiene reduces the risk of your surgical wounds becoming infected.

## **Consent**

The staff will ask you for consent or permission to give you the medication for skin decolonisation. Staff will explain the risks, benefits, and alternatives, if there are any, before they ask for your consent. Remember that it is your choice whether you give your consent or not. If you have any doubts or would like more information before you make a decision, please ask the staff for more information. The staff will do everything we can to help you.

## **What medication will I be given to clean my skin?**

A nurse will usually give you a nasal product and a skin cleanser at the pre-admission clinic or in the hospital, but some people will only have a skin cleanser. If you are only being supplied a skin cleanser this will be discussed with you.

## **What are the nasal products that I may receive?**

You may be given either Bactroban® nasal ointment or Naseptin® nasal cream. See information on how to use the product opposite.

## **What are the skin cleansers that I may receive?**

You may be given either chlorhexidine skin cleanser or Octenisan® wash lotion. Most people will use chlorhexidine skin cleanser. If you are allergic to chlorhexidine, peanuts or soya or other ingredients in the product then you will be given Octenisan® wash lotion. See information on how to use the product below.

## **How long should I use the nasal product and the skin cleanser for?**

The products should be used for 24 hours before the procedure. See information on how to use the products below.

## **How do I use the nasal product?**

Both Bactroban® nasal ointment and Naseptin® nasal cream should be applied in the same way:

- Wash your hands with soap and warm water.
- Place a small amount of the nasal ointment/cream, about the size of a matchhead, on the tip of your little finger and carefully apply inside one nostril. Then repeat for the other nostril.
- If the nasal ointment/cream is being applied by your carer, they should use a cotton bud instead of their finger.
- Press both sides of your nose together to spread the ointment/cream around both nostrils.

Bactroban® should be used **THREE** times a day for 24 hours before the procedure. You should **NOT** have this nasal ointment if you or your carer has an allergy to mupirocin or other ingredients in the product.

Naseptin® should be used **FOUR** times a day 24 hours before the procedure. You should **NOT** have this nasal cream if you or your carer has an allergy to chlorhexidine, neomycin, peanuts, soya, or other ingredients in the product.

## **How do I use the chlorhexidine skin cleanser or Octenisan® wash lotion?**

Use instead of your normal soap and shampoo to wash your skin and hair. It should be used on the day before and on the morning of the procedure.

The skin cleanser is for use on the outside of your body only.  
**Do not use it in any body cavities (e.g. nose, ears).**

### **For hair and body wash:**

- Ensure body is totally wet
- Pour enough skin cleanser onto a clean damp wash cloth to cover the body. For adults this is usually 2 tablespoons (approximately 25ml of chlorhexidine skin cleanser and 30ml of Octenisan®).
- Then apply directly to the areas of the skin that are to be washed. Begin with the face and working downwards, wash all over the body paying particular attention to the following;
  - » Areas around the nose
  - » Armpits
  - » Bellybutton
  - » Groin and genitals
  - » Perineum (the area between your anus and vagina or scrotum).

- Do not use the skin cleanser on any cuts or areas of broken skin.
- Leave skin cleanser in contact with the skin for **at least 60 seconds**. Then rinse the skin cleanser off with plenty of water.
- Repeat wash with skin cleanser but this time including the hair.
- Hair conditioner can be used, but to make sure the skin cleanser works properly you should use the conditioner before the skin cleanser and rinse the conditioner off thoroughly with water.
- Leave skin cleanser in contact with the skin and hair for **at least 60 seconds**. Then rinse skin cleanser off with plenty of water.
- Dry with a clean freshly laundered and dry towel.
- Change to clean clothing, and bed linen after **EACH** wash with the skin cleanser.
- Patients confined to bed can be washed with the skin cleanser using a standard bed-bath technique.

**If the product comes into contact with the eyes, wash out promptly and thoroughly with water.**

**If a skin irritation occurs**, rinse off any remaining product promptly and thoroughly with water. Do not use any of the products again. Tell your nurse or doctor of the problem.

**Avoid getting chlorhexidine skin cleanser onto your clothes or other fabrics**, as it may damage them. If this happens, wash the clothes normally. Do not use bleach to remove the skin cleanser, as this will cause brown stains to develop.

## **What are the side effects of the medications that I have been given?**

A full list of side effects is provided within the patient information leaflets provided by the manufacturers.

A common sign of an allergic reaction is a skin rash. More serious allergic reactions include swelling of the face, tongue or difficulty breathing. This is called an anaphylactic reaction and it can be serious or even life threatening.

**Stop using the products if you think that you are having an allergic reaction. If you have difficulty breathing, feel dizzy or collapse:**

- if you are outside the hospital - you or someone you are with should call 999 immediately
- if you are a patient in the hospital - ask your nurse for help.

Always tell your doctor, nurse, or pharmacist if you have had an allergic reaction to any medications before you receive any medication.

If you have stopped using the products due to side effects or allergic reaction, tell the doctor, nurse, or pharmacist when you come into hospital for the procedure.

## How do I store the products that I have been given?

Store at room temperature (below 30°C).

**Keep it in a safe place where children cannot see or reach it.**

## Further information

For general enquiries contact your pre-assessment clinic.

If you have any further questions about your medications, please ring the Patient Medicines Helpline:

Tel: **01865 228 906**

This service is available Monday to Friday 9am-5pm

The helpline will **NOT** be able to answer questions about your surgery or procedure.

Out of working hours contact your GP or **111**.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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