

## Instructions for Home Eradication of MRSA

There are three steps that have to be done together to get the best effect in getting rid of MRSA. They are: oral (by mouth) antibiotics, antibiotic cream/ointment, and antimicrobial soap. If these are used together, they are more than 90% successful in getting rid of MRSA. All of them are taken together for 7 days. Taking only one oral antibiotic does not work. Taking the cream/ointment and antimicrobial soap without the oral antibiotics also works in some people, but taking the oral antibiotics in addition is better for older people with chronic illnesses.

### Oral antibiotics:

**Doxycycline** 100 mg at breakfast and bedtime

**Rifampin** 300 mg at breakfast and bedtime (may be one or two tablets)

Please be sure to take all your medications!

The most common side effects of antibiotics are rash and stomach upset.

Rifampin can also cause headache and visual disturbances.

Rifampin causes a change in colour of urine and tears. This is not harmful, except that it can stain soft contact lenses. You should not wear soft contact lenses while you are taking rifampin.

If you develop any side effects, stop the oral antibiotics (continue the ointment and soap), and call Dr. Allison McGeer or any infection control practitioner at the Mount Sinai Hospital (416-586-3118, or through locating at 416-586-5133).

### Antibiotic ointment

**Mupirocin (Bactoban)** - use a Q-tip to apply the ointment to the inside of each nostril three times a day

- use a finger to apply a small amount to any area of skin breakdown

### Antimicrobial soap (2% or 4% Chlorhexidine, also called Hibitane)

Use this soap for all handwashing, bathing and showering.

When using the chlorhexidine soap in the shower, apply the soap and lather all areas of your body from scalp to toes. After wetting your skin, let the soap lather sit on your skin for about one minute before rinsing it off.

We also recommend changing and washing bed linens after 2-5 days while the are on eradication therapy. If possible, wash your sheets in the hot cycle of the washing machine.

Nurses coming in from home care will need to take additional precautions (called MRSA precautions) until we are sure that the MRSA is gone. If you are receiving home care, the home care nurses will most likely take swabs about two days after the end of therapy, then once weekly for three weeks to make sure that the MRSA stays away. Exactly how many swabs are done and when may depend on your particular case.

If you are re-admitted to the hospital in the next six months, you will also need to be in MRSA precautions until testing is done to make sure the MRSA is gone. The precautions mean that you will have a private room, and that staff entering the room will wear gowns, gloves and masks. This is to prevent the MRSA from being transferred to other patients. When you are admitted, the hospital will take swabs of your nose and rectum to see if the MRSA is there or not. The cultures take 2-3 days (occasionally 4) to grow; your nurses and doctors will let you know the results as soon as they are available.

If you visit a doctor, please let them know that you have had MRSA, so that they can take extra precautions if necessary to prevent the spread to other patients.

You do not need to take special precautions at work or school, or limit any of your activities in the community. You do not need to worry about giving MRSA to your friends, no matter how old or ill they are. MRSA does not spread in the community. The only time that you might spread MRSA is in your household. Spread in households is uncommon. If a member of your household has a serious medical illness (for instance, cancer), they should talk to their doctor about whether they should be tested for MRSA.