

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

Infection Prevention

Produced: July 2021

Review: July 2024

Information for Patients & Carers

Leaflet number: 267 Version: 4

Introduction

To reduce your risk of infection during your hospital stay all patients (including some children) are given an antibacterial soap (also known as antimicrobial soap) to wash with. This needs to be used every day while in hospital. This soap helps to reduce the amount of germs on your skin.

Some people are also given an antibacterial nasal 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 and how you can reduce your risk of catching, or spreading, an infection in hospital.

If you are having an operation

When you attend a pre-assessment clinic for planned surgery, you will be told that you need to start using antibacterial wash and nasal ointment for 3 days before the date of your procedure. Your pre-assessment clinic nurse will give these to you and tell you when to start. You will also be told if you need to have swabs taken to be tested for MRSA.

Start using antibacterial wash and nasal ointment from: _____

**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 hair. You can apply with a wet disposable cloth which the hospital can provide you for each day. **Do not** dilute into a bowl of water as it will not be effective.
2. Rub thoroughly onto your body and in your hair, particularly in skin creases, the area under your arms and between your fingers. **Note:** the soap doesn't make lots of foam, but you don't need to use more of it because of this.
3. Leave on your body for at least 30 seconds and then rinse off. You can use your own shampoo and conditioner afterwards if you want to.
4. Dry yourself with your own clean towel.
5. After washing, your bed linen and clothing will need to be changed. Ward staff will do this when you are in hospital.
6. Wash with the antibacterial soap every day, and wash your hair with it twice a week.

How to use the nasal ointment

The nasal ointment acts against a certain type of bacteria called Staphylococcus aureus and MRSA (meticillin-resistant Staphylococcus aureus) in the nose. These bacteria can spread by your hands or when breathing or sneezing, which can cause skin infections and various other infections. Antibacterial nasal ointment is used to help prevent infections.

1. Wash your hands before applying the ointment.
2. Unscrew the cap and squeeze a small amount of ointment, about the size of a match-head, onto your little finger.
3. Apply to the inside of one nostril.
4. Repeat for 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. Avoid contact with your eyes.
7. Wash your hands and replace the cap on the tube.
8. Reapply the ointment according to the label instructions.



A few people may get a stinging feeling in the nose after applying nasal ointment. This will not last long, but if it does not get better or if you have any other unusual problems, tell the nurse or contact your GP.

You can look at the leaflet included 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 this medicine. You can find the ingredient list in the packet leaflet.

If needed, talk to your doctor, nurse or pharmacist before using. You may be given another antibacterial medicine instead.

How do I apply nasal ointment to another person?

A cotton bud can be used instead of the little finger when applying nasal ointment to another person, such as an infant or a patient who is very ill. Special care should be taken with these patients.

Reapply the ointment according to the label instructions. If you forget to apply it at the right time, apply it as soon as you remember. Do not apply more than 1 dose within an hour.

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

- Keep your hands clean when you are in hospital using the alcohol hand sanitizer.
- 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 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 bring too many belongings into hospital. Too many items left on top of your locker or a cluttered bed space can make it difficult for domestic staff to clean properly.

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 so that action can be taken.

If you are sick or have diarrhoea please let nursing staff know immediately.

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 associated infections across our hospitals we have a dedicated infection prevention team and policies which are evidence based and regularly reviewed.

We closely monitor infection rates across our hospitals and any risks and trends are reported to our Infection Prevention Assurance Committee, our board of directors and Public Health England.

Infection Prevention Team Tel: 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 بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk