

Discharge Instructions for Patients with Methicillin-Resistant Staphylococcus Aureus (MRSA)



UHN

Once you are discharged home from Toronto General Hospital, it is important to follow these instructions. This information will help to protect you, your family, friends and visitors when you get home.

I have a MRSA infection. What should I do when I get home?

1. If you have visiting nurses (CCAC), remind the nurse that you have MRSA when he or she arrives.
2. Wear clean clothes every day.
3. If you are discharged home before your 7 day decolonization treatment is completed, please make sure that you complete the remaining days worth of nasal ointment and antiseptic washes at home.
4. You do not need to wear gloves at home or when you leave your home. Please make sure you wash your hands before leaving the house, after using the bathroom, and use alcohol hand sanitizer often during the day.

What should I do if I have a clinic appointment?

1. It is very important that you remind the doctor's office that you have MRSA before you go to your clinic appointment. They may have to make special arrangements to prepare for your appointment, so call them as soon as you can.
2. Make sure you wash your hands before leaving the house and, before entering the hospital or clinic. Use alcohol hand sanitizer before leaving the clinic area.
3. Some patients are able to be cleared of their MRSA. This means that you are no longer actively carrying the MRSA virus. To be cleared, you must follow up with your family doctor. It is recommended that two separate swabs of your nose, armpits, groin and rectal area be taken by your doctor or nurse at least 10 days after you are done with your decolonization treatment.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© 2010 University Health Network. All rights reserved.

Author: Jocelyne De Romana, APNE / IPAC

Created: 08/2010

Form: D-5705

4. If both swabs come back MRSA negative (no MRSA can be found on the swabs), please bring a copy of your results to your next appointment at the hospital so your files can be updated. Please note that if you cannot be cleared of MRSA, you will need to be placed back on Contact Precautions (isolation) each time you enter the hospital, as either an in-patient or out-patient.

Who should I call if I have any questions about MRSA?

If you have any questions please ask your nurse or family doctor to contact the Infection Control Unit, or contact them directly at 416-340-4800 ext 8422 or email **Infectioncontrol@uhn.on.ca**.