

Discharge Instructions for Patients with Vancomycin- Resistant Enterococcus (VRE)



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 VRE. What should I do when I get home?

1. If you have visiting nurses (CCAC), remind the nurse that you have VRE when he or she arrives.
2. Wear clean clothes every day.
3. Most people can have VRE in their bowels without it ever causing them to become unwell. Since there is no way to remove the VRE from your bowels, it is very important to wash your hands well because you can spread the infection to others. Good hand washing is the most effective way to prevent the spread of VRE infection.
4. Make sure that you wash your hands after you use the bathroom, especially after having a bowel movement. You do not need to wear gloves at home or when you leave the home, but it is important that you wash your hands before leaving the house and, that you use alcohol hand sanitizer often during the day.
5. It is also important to disinfect your bathroom regularly to help stop the spread of infection. Please go and see your family doctor if you start to experience any loose stool.

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 VRE before you go to your clinic appointment. Since there is no way to remove the VRE from your bowels, they may need to make special arrangements to prepare for your appointment, so call them as soon as you can. As well, you will likely be placed on "Contact Precautions" (isolation) each time you enter the hospital, as either an in-patient or out-patient.

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2. Please 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.

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

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**.