Where can I go for advice and information?

Further advice for outpatients can be obtained from unit and department managers, your GP or community nurse.

Further advice for inpatients can be obtained from your named nurse.

Additional patient information leaflets are available. These include "MRSA" and "A Guide to Health Care Associated Infections".

Ask to speak to one of the Infection Prevention and Control Team.

Visit or contact PALS (the Patient Advice and Liaison Service) based on B-Floor near to main reception (☎ 0191 569 9855)

Useful websites

www.nhs.uk
www.sunderland.nhs.uk/chs

This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the guidance and you should discuss this guidance with the clinical staff at the time of your appointment.

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City Hospitals Sunderland NHS
NHS Foundation Trust

SKIN DECOLONISATION

PATIENT INFORMATION LEAFLET

Sunderland Royal Hospital

PRONTODERM

Why do I need to use this nasal ointment and skin foam?

The nasal ointment and skin foam reduce the number of germs that live naturally on your skin and help to reduce the amount of MRSA on your body. It is important that you complete the five-day course. Special care should be taken to use the Prontoderm properly.

How do I use the skin foam and gel light nasal ointment?

Prontoderm gel light nasal ointment?

Using your little finger apply a small pea-size amount of ointment inside each nostril. Pinch nostrils lightly together after applying the ointment. Please wash your hands before and after applying the ointment.
Apply **THREE TIMES A DAY** for **five days.** AVOID THE EYES.

Prontoderm foam

Each day you will need to bathe or shower as usual. First clean your face paying particular attention to your nose with your normal soap or shower gel. When cleaning your body clean from top to toes paying particular attention to the areas around your armpits, navel (belly button), groin and perineum (genital area). Rinse thoroughly and dry thoroughly with a clean towel.

Patients confined to bed should be washed using the standard bed bath technique.

After washing and drying yourself apply a golf ball size of foam to each area of the body e.g. arm, leg, back, front. There is no need to rinse off the foam.

Comb Prontoderm foam through towel dried or dry hair daily. Avoid the eyes, inside of mouth, and nasal passages. If severe irritation occurs discontinue use and either contact the preadmission clinic or department (outpatient) or inform a member of nursing staff (inpatient).

Apply **DAILY** for **five days.**

KEEP OUT OF THE REACH OF CHILDREN

Pharmacy Department City Hospitals Sunderland, December 2008

Prontoderm mouthwash

Twice daily brush your teeth with your normal toothpaste. Afterwards gargle or rinse around your mouth with 10 mls of the mouthwash solution for up to 1-2 minutes. Do not swallow the mouthwash.
For those patients who cannot gargle you can dip your toothbrush in the solution and clean inside your mouth.
Use **TWICE A DAY** for **five days**

Start your treatment on: _____

Treatment		**Day 1**	**Day 2**	**Day 3**	**Day 4**	**Day 5**
Prontoderm foam applied to skin after bath or shower.		☐	☐	☐	☐	☐
Prontoderm foam combed through hair.		☐	☐	☐	☐	☐
Prontoderm gel light nasal ointment applied to nasal passages 3 times a day.	9 AM	☐	☐	☐	☐	☐
	3 PM	☐	☐	☐	☐	☐
	9 PM	☐	☐	☐	☐	☐
Prontoderm mouthwash. Gargle for 1-2 mins after brushing teeth.	AM	☐	☐	☐	☐	☐
	PM	☐	☐	☐	☐	☐

Remember to stop your treatment after five days. 48 hrs after your last day of treatment a further set of swabs may be taken.