

Preventing infection after surgery: Patient instructions for screening for bacteria before surgery

We are testing you today for *Staphylococcus aureus*, also known as “staph.” Staph is a bacteria (germ) that lives in the nose and on the skin. You are at greater risk for infection after surgery if you have staph. About 1 and 3 patients have staph and don’t know it, so it’s important to test you for it before your surgery. If you test positive, we will give you medicine to reduce your chance of infection after your surgery. This nares (lower part of the nose) swab test only takes a few seconds. Your doctor’s office will call you to tell you the result of your nose swab test.

**Please contact your doctor’s office if you
don’t receive your results within 3 days of your test**

Please note: The nares swab test is very important. We will be testing you today even if you have not decided to have your surgery yet. If you decide to have surgery, by having your nares swab test done today:

- You will not have to come back to your doctor’s office for the test another day.
- We will already have your test result.

The nares swab test is valid for 3 months. If your surgery is more than three months away, you will need to come back for a repeat nares swab test.

Follow the instructions for your test result only. If you are unable to follow these instructions or complete the treatment recommended, please contact your doctor as soon as possible.

After You Receive Your Test Results

If you **don’t** have staph (negative test result):

1. Follow “**Chlorhexidine Gluconate 4% Solution (CHG) Bathing Schedule and Instructions**” on **Page 4**.

If you **do** have staph (positive test result):

2. Fill your prescription for Mupirocin.
3. Get clean cotton swabs. You may have to purchase these if you don’t have them at home.
4. Follow “**Mupirocin Schedule and Instructions**” on **Page 2**.
5. Follow “**Chlorhexidine Gluconate 4% Solution (CHG) Bathing Schedule and Instructions**” on **Page 4**.

Mupirocin Schedule and Instructions

Important: Use Mupirocin only if you have staph. Don't follow the instructions on the Mupirocin package. **Please follow the instructions in this packet only.**

Don't use Mupirocin if you are allergic to this medicine. Let your doctor know if you are allergic to Mupirocin.

Mupirocin Schedule

Start using Mupirocin 5 days before your surgery date. You will use a total of **10 doses**.

1. **5 days before your surgery date:** Apply your first dose in the evening.
2. **For the next 4 days:** Use Mupirocin twice a day.
3. **The day of your surgery:** Apply your last dose in the morning.

My Surgery Date: _____

Number of days before your surgery	Date (Write in date)	Morning Dose	Evening Dose
5 days before surgery		No	Yes ☐
4 days before surgery		Yes ☐	Yes ☐
3 days before surgery		Yes ☐	Yes ☐
2 days before surgery		Yes ☐	Yes ☐
1 day before surgery		Yes ☐	Yes ☐
Day of surgery		Yes ☐	No

Using Mupirocin

Don't follow the instructions on the Mupirocin package. Please follow the instructions in this packet only.

1. Wash your hands very well.
2. Put a pea-sized amount of ointment onto a clean cotton swab.
3. Insert the cotton swab about ¼ inches into one nostril and apply the ointment.
4. Remove the cotton swab from your nostril.
5. Close your nostril by pressing the sides of the nose together and releasing. Massage the nostril, pressing the sides of the nose together for one minute to spread the medicine evenly throughout the nostril.
6. Using a new cotton swab, do the same thing to your other nostril.
7. Wash the skin below your nose with water to remove any remaining medicine.
8. Wash your hands very well. **Be careful not to touch your eyes with Mupirocin.**
If Mupirocin gets into your eyes, it may cause burning and tearing. If this happens, rinse your eyes with water and contact your doctor.

If your surgery is postponed, **stop using Mupirocin.**

- If your new surgery date is more than 2 weeks away, start the schedule from the beginning 5 days before your new surgery date.
- If your new surgery date is less than 2 weeks away, continue your Mupirocin schedule from where you stopped. For example, if you took Mupirocin for 2 days before stopping, restart your Mupirocin 3 days before your new surgery date.

If you have any questions or are unable to complete the schedule, please contact your doctor's office directly

Chlorhexidine Gluconate 4% Solution (CHG) Bathing Schedule and Instructions

Important: Don't follow the instructions on the Chlorhexidine Gluconate 4% Solution package.
Please follow the instructions in this packet only.

You can reduce your chance of getting an infection by bathing with an antiseptic soap called Chlorhexidine Gluconate 4% Solution (also known as "CHG" and by brand names Hibiclens®, Clorox HealthcareP, and others). Bathing with CHG helps reduce infection whether you have staph or not. We will give you CHG during one of your pre-operative visits. The number of days you use CHG depends on the results of your nares swab test.

If you don't have staph (negative test): Start using the CHG **2 days** before your surgery. Your last shower should be in the morning on the day of your surgery. If you can't shower the morning of your surgery, use CHG during your shower the night before.

If you do have staph (positive test): Start using the CHG **4 days** before your surgery. Your last shower should be in the morning on the day of your surgery. If you can't shower the morning of your surgery, use CHG during your shower the night before.

Chlorhexidine Gluconate 4% Solution Bathing Schedule

My Surgery Date: _____

Number of days before surgery	Date (Write in date)	I don't have staph	I do have staph
4 days before surgery		Don't use CHG	Use CHG ☐
3 days before surgery		Don't use CHG	Use CHG ☐
2 days before surgery		Use CHG ☐	Use CHG ☐
1 day before surgery		Use CHG ☐	Use CHG ☐
Day of surgery		Use CHG ☐	Use CHG ☐

About Chlorhexidine Gluconate 4% Solution (CHG)

Please review the information below before bathing with CHG.

- Use CHG soap **instead** of your regular soap. **Don't use both.** If you use both soaps, the CHG will not work correctly.
- **Don't** use CHG if you have an allergy to chlorhexidine-containing products. If you have an allergy, talk to your doctor about using an antibacterial soap instead, such as Dial.
- **Don't** use CHG on your head or face. If you get CHG in your eyes, flush your eyes with water right away.
- **Don't** use CHG on the vaginal area.
- You can use a clean towel or new sponge to help with lathering. CHG does not lather as well as regular soap.
- It is normal to feel some coolness on the skin after applying CHG. If you feel any uncomfortable tingling, itching, or other irritation, rinse it off right away. Please contact your doctor to discuss next steps.
- **Don't** apply any lotions, creams, or moisturizers to your skin, even if your skin feels dry after using CHG. If you do, the CHG will not work correctly.

Using Chlorhexidine Gluconate (CHG)

Don't follow the instructions on the CHG package. Please follow the instructions in this packet only.

1. Rinse your body very well with water.
2. Turn the water off.
3. Wash with the CHG from your neck downwards. Wash the part of your body (hip, knee, etc.) where you are having the surgery very well.
4. Wash your body gently with CHG for 5 minutes, then stop. Do not scrub your skin too hard.
5. Allow the CHG to dry on your skin for 1 minute.
6. Turn the water back on and rinse well.
7. Pat dry with a clean, freshly laundered, towel.
8. Wear freshly laundered pajamas/clothing after each CHG bath, prior to the day of surgery, and 3 days postoperatively.

If your surgery is postponed, **stop using CHG.**

- If your new surgery date is more than 2 weeks away, start the schedule from the beginning 4 days before your new surgery date.
- If your new surgery date is less than 2 weeks away, continue your CHG schedule from where you stopped. For example, if you took CHG for 1 days before stopping, restart your CHG 3 days before your new surgery date.

If you have any questions or are unable to complete the schedule, please contact your doctor's office directly

