

Mupirocin Protocol: Information for Patients Mupirocin Nasal Ointment to Eliminate Nasal Carriage of *Staphylococcus aureus*

Why do I need mupirocin nasal ointment?

Recent nasal swab results have indicated that you are carrying a common type of bacteria called *Staphylococcus aureus* (“staph”).

This organism is often found on the skin and in the noses of healthy people where it is generally harmless. In patients who have hemodialysis (HD) access (ie, a catheter, fistula, or graft), this bacteria needs to be treated to prevent any possible spread of infection.

An effective treatment to get rid of the bacteria is to apply an antibiotic ointment called mupirocin into both nostrils.

How long will treatment be required?

Treatment for 3 months is required to successfully remove the bacteria. The recommended schedule varies depending on whether you are currently on HD or have not yet started dialysis.

Where can I get the nasal ointment?

You will need to get a prescription for the ointment from your healthcare provider. The ointment can then be purchased at a pharmacy.

Technique for applying mupirocin ointment

- Wash hands well with soap and water or disinfect hands with alcohol gel/rub.
- Open the mupirocin nasal ointment tube.
- Place a small amount of ointment (about the side of a match head) onto a clean cotton swab and massage gently around the inside of the nostril, particularly toward the front of the nostril.
- Do not insert the cotton swab too deeply into the nose—no more than 1 cm inside the nostril.
- Using a new cotton swab, repeat for the other nostril. Using a new cotton swab will prevent contamination of the ointment tube.
- After applying the ointment, press a finger against the nose next to the nostril opening and use a circular motion to spread the ointment inside the nose.
- Wash or disinfect hands after applying the ointment.

Appendix

Patients on Hemodialysis

Instructions: Apply ointment inside each nostril **2 times per day** for 14 days, and then continue to apply **3 times per week** after dialysis on dialysis days only. Continue course for 3 months in total.

Check each box when you have applied the ointment to remind you when you need to reapply

Stage 1: Apply TWICE daily for 14 days

Day	Date	Morning	Night
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Stage 2: After the first 14 days, continue to apply to the inside of each nostril AFTER dialysis on dialysis days ONLY. Continue for a total of 3 months.

Ointment applied after dialysis until the following date: _____

NOTE: It is extremely important to complete a total of 3 months of treatment. You should have a repeat nasal swab performed at your center after completing the course of therapy to ensure the therapy has been effective.

Patients Who Have Not Started Dialysis

Month 1

Day	Date	Morning	Night
1			
2			
3			
4			
5			

Month 2

Day	Date	Morning	Night
1			
2			
3			
4			
5			

Month 3

Day	Date	Morning	Night
1			
2			
3			
4			
5			

Instructions: Apply ointment inside each nostril **2 times per day** for 5 days. Repeat this course of treatment each month for 3 months.

Check each box when you have applied the ointment to remind you when you need to reapply.

NOTE: It is extremely important to complete a total of 3 months of treatment. You should have a repeat nasal swab performed at your center for laboratory testing after completing the course of therapy to ensure the treatment has been effective.

Protocol adapted with permission from Metro South and Ipswich Nephrology and Transplant Services (MINTS), Queensland, Australia.