

Multiresistant Bacteria

Information for patients



What are Multi-resistant bacteria?

Multi-resistant bacteria are a group of germs that do not respond to some of the antibiotics that we commonly use to treat infection.

Bacteria or germs are normally found on everyone both inside and outside the body and often live harmlessly inside your nose, mouth and on your skin.

If they get into the wrong place at the wrong time, they can cause an infection. Being multi-resistant can often make them harder to treat.

How will I know if I've got Multi-resistant bacteria?

If staff think you have got an infection, they will take a specimen and send it to the laboratory. Either a doctor on your ward or a nurse will let you know your results as soon as possible.

How did I get Multi-resistant bacteria?

These bacteria or germs may already have been in your nose, mouth or on your skin before you came into hospital where they lived happily doing you no harm, or you may have picked them up since you came into hospital.

When you are ill your body defences are normally weakened. Operations and other treatments may make you more prone to infection.

What will happen to me?

You may be asked to move into a side room to prevent the possibility of spreading infection to other people.

Staff will be wearing gloves and aprons when caring for you; this is to help stop the infection spreading around the ward.

What about treatment?

Treatment is not always needed, but if you are unwell you will be given antibiotics that the bacteria or germs are sensitive to.

Will it affect my visitors?

Multi-resistant bacteria are not a risk to healthy people. Visitors will be asked not to move around the ward from patient to patient.

If they are visiting someone else apart from you, it is better if they see you last.

Visitors will be asked to clean their hands carefully before leaving your room, or if you are nursed with other patients, before leaving the ward by either using soap and water or the alcohol hand rub provided.

How can I help stop the spread of Multi-resistant bacteria?

It is very important that you clean your hands properly with soap and water particularly after using the toilet and before eating.

If you have difficulty in getting to the sink then you can use hand wipes to clean your hands. Please ask a member of staff if you need help.

Try not to touch wounds, drips, catheters and other tubes. Having separate cloths or single use wipes for different parts of your body will help prevent the bacteria spreading when washing.

If you use the bath or shower these should be cleaned properly after use. Please inform a member of staff as soon as you have finished.

Can I still go home if I have a Multi-resistant bacteria?

As soon as your doctor thinks you are well enough you can go home. Having a multi-resistant bacteria should not stop this. Multi-resistant bacteria should not affect any part of your day to day life, or any activities you are involved in.

If you, your family or friends have any questions, please feel free to discuss this with the ward staff or an Infection Prevention and Control Nurse.

Infection Prevention and Control Team 0113 206 6339