

Hand washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



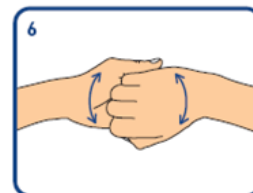
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water

Please dry hands thoroughly

Patient Information Leaflet

Antibiotic resistant bacteria Screening

If you have any questions please do not hesitate to contact the

Resistant Organism Nurse on

01782 676360

Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language

How will I be screened?

Screening will involve taking a swab which will be inserted gently inside your rectum (bottom). Alternatively we can swab your stool (poop) sample. We may need to take up to 3 rectal swabs on separate days to ensure you have not picked up the bacteria.

You do not need to take any extra precautions at home. Hand hygiene remains the single most important preventative measure proven to reduce the risk of infection. It is therefore always important to wash your hands properly to stop any onward transmission of resistant bacteria.

Remember to wash your hands:

- **After using the toilet.**
- **Prior to taking your medication.**
- **Before eating and drinking.**

(use the guide on page 4)

Why do we need to screen you?

You have received this leaflet because we may need to screen you if you have spent time in another health care facility or have shared a ward with a patient found to be carrying antibiotic resistant bacteria in their body.

What are antibiotic resistant bacteria?

We all have millions of harmless bacteria living in our gut which help us to digest food.

Occasionally some of the bacteria become resistant to powerful antibiotics. There are no

symptoms and treatment is not required. Over a period of time the resistant bacteria can clear

from the body naturally. Until this happens, the resistant bacteria can be transmitted through

faeces (poop) and can enter the ward

environment if hands are not washed properly

with soap and water. In hospitals, the spread of resistant bacteria can cause problems. You will

therefore be nursed in a single room with your own toilet facilities if we have detected resistant

bacteria in your body.