

Preventing infection: *Cleaning your nose with antiseptic before surgery*

What is nasal antiseptic?

Antiseptic [an-tah-SEP-tik] is a liquid that kills germs. Nasal antiseptic kills germs in the nose. It is usually put into the nose before surgery to help prevent infection. Intermountain uses an antiseptic that contains 5% povidone-iodine.

Nasal antiseptic ►



Why do I need it?

Out of every 10 people, 2 or 3 have a certain bacteria (*Staphylococcus aureus*) in their noses. These people are called "carriers." This means they can have the bacteria and not know it. The bacteria can cause a serious infection called MRSA (*methicillin-resistant S. aureus*). MRSA does not respond very well to antibiotics and doesn't have a vaccine. Using this antiseptic may lower your risk of MRSA infection.

Do not use nasal antiseptic if you have an allergy to iodine or shellfish. If you're not sure, ask your healthcare provider if you should use it.

► ***If you have any questions, please ask one of your healthcare providers for help.***

How to use nasal antiseptic

- 1 Blow your nose and clean the inside of your nostrils with a tissue.



- 2 Wash your hands with warm soapy water or use hand sanitizer.



- 3 Put one (or both, if preferred) of the cotton-tipped swabs given to you into the bottle of antiseptic and stir. Remove. Do not wipe off the extra fluid.



- 4 Put the swab in a nostril (can do both nostrils at the same time, if you prefer). Gently move it around the lower part of the nostril in a circular motion. Be sure to touch all surfaces inside the nostril. Do this while slowly counting to 60 (1 minute). Do steps 3 and 4 again to clean the other nostril, if needed.



- 5 Using 2 new swabs, clean your nose a second time using steps 3 and 4.

- 6 When finished, do not blow your nose. Throw away the swabs and let your nostrils air dry. If some of the solution drips out, wipe it lightly with a tissue. Repeat step 2.

For use prior to surgery, and for patients with documented MRSA or a history of MRSA.

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