

Sample Calendar for Using CLEAR Kit (see back panel)

- 1) Use this kit for 3 months after hospital discharge, Monday-Friday every other week.
- 2) Blue shaded days represent the days you will use the CLEAR Kit products.
- 3) **IMPORTANT:** The 6 months after hospitalization is a high risk time for infection. This kit provides 3 months of product. When the time comes, contact your healthcare provider for a refill to receive protection for a full 6 months.

For additional questions, please contact your healthcare provider.

For electronic instructions and more information about the CLEAR Kit, visit: ucihealth.org/clearMRSA

Month 1:

S	M	T	W	T	F	S

Month 2:

S	M	T	W	T	F	S

Month 3:

S	M	T	W	T	F	S



Changing Lives by Eradicating Antibiotic Resistance

**CLEAR Kit
for Patient
Decolonization**

Importance of Protecting Yourself after Hospitalization

The year after hospital discharge is a high risk period for infection, especially for patients who have antibiotic-resistant bacteria on their body. Using this kit can help get rid of these germs and prevent future infections and hospitalizations.

What Does the CLEAR Kit Do?

The CLEAR kit prevents infections by removing potentially harmful bacteria from your skin and nose. This process to remove bacteria is called **decolonization**.

What is the Evidence?

The products in this kit have been shown to decrease germs on the body such as methicillin-resistant *Staphylococcus aureus* (MRSA) and other antibiotic-resistant germs. In clinical trials, these products reduce the risk of infection from these germs, if used correctly.

These products are also widely used in hospitals and before surgery for bathing and to clean germs from the nose to prevent infection.

What the CLEAR Kit Includes

1) 4% Rinse-Off Liquid Chlorhexidine (CHG) Soap to be Applied with Provided Mesh Sponge

CHG is an antiseptic used in healthcare for over 60 years that removes potentially harmful bacteria from the skin.



2) 10% Povidone-Iodine Swabs (Iodophor) for the Nose

Iodophor swabs clear bacteria that live in the nose, like MRSA, which can cause infection.



How to use the CLEAR Kit

- 1) This CLEAR Kit provides 3 months of product to reduce germs and provide protection from infection. Refill once to ensure protection for a full 6 months.
- 2) Use the following
 - CHG 4% Rinse-Off Soap for Showering or Bed-bathing
 - Apply to body with mesh sponge for 2 minutes before rinsing. Avoid eyes and ear canal. **Do this daily, Monday through Friday every other week for 3 months.**
 - 10% Povidone-Iodine Swabs (Iodophor) for the nose
 - Apply a new iodophor swab to each nostril for 30 seconds. Apply with firm pressure. **Do this twice daily, Monday through Friday every other week for 3 months.**
- 3) Repeat the 5 day regimen Monday through Friday every other week after hospital discharge (see calendar on reverse side).
- 4) Use the included instructions cards for each product.