

*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](http://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. This kit has been shown in a large clinical trial to reduce MRSA infections by 30% when used by patients after hospital discharge.\*

\*CLEAR Trial, New England Journal of Medicine, 2019

Decolonization is 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) 0.12% CHG Mouthwash\*

CHG mouthwash kills the germs that grow in the mouth, on gums, teeth, and plaque.

### 3) 2% Mupirocin Nose Ointment\*

This ointment clears bacteria that live in the nose, including MRSA, which can cause infection.

\*This kit requires two prescriptions from your doctor. Sample prescriptions are included to discuss with your doctor.

## How to use the CLEAR Kit

- 1) This CLEAR Kit provides 3 months of product to reduce germs and provide protection from infection. The CHG soap is included. Prescription medications are needed from your doctor to complete this kit (see sample prescription wording to show your doctor). Refill once to ensure protection for a full 6 months.
- 2) Use the following:
  - CHG 4% Rinse-Off Soap for Showering or Bed-bathing (included)
    - 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.**
  - CHG 0.12% mouthwash\*
    - Rinse for 30 seconds after brushing teeth. Do not eat or drink for an hour after use. **Do this twice daily Monday through Friday every other week for 3 months.**
  - 2% Mupirocin Nose Ointment\*
    - Apply pea-sized amount to cotton swab and firmly apply to left nostril. Repeat for right nostril. Rub nostrils together for 60 seconds. 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 included instructions cards for each product.