

Prevent infections during your nursing home stay

Nasal 10% Povidone-Iodine (Iodophor)

RESIDENT

What is iodophor?

- An over-the counter antiseptic (povidone-iodine) commonly used for cleaning scrapes, cuts, and wounds to prevent infections. It is FDA cleared for use in the nose to prevent infection.

Why is iodophor being put in my nose?

- Our nursing home applies iodophor to all residents to clear germs from the nose, including methicillin-resistant *Staphylococcus aureus* (MRSA), that can cause infection.
- Studies have shown that almost one-half of nursing home residents have MRSA. This is why we use iodophor to help protect our residents.

How safe is iodophor?

- Povidone-iodine has been safely used in healthcare for over 60 years.
- Side effects are uncommon and mild, but may include irritation, runny nose, and sneezing.

Why is the nasal iodophor swab* so big?

- The large swab size makes it faster to apply to the entire inner nostril. The swab is soft and squishy, and easily fits into small nostrils.
- Complete coating of the entire inner nose is important for protection.

How often does iodophor need to be given?

- All residents will receive nasal iodophor for 5 days, twice daily, on admission. Then all residents receive iodophor every other week for 5 days, twice daily. One swab is applied per nostril.

Will my nose turn brown from the swab?

- No. After the swab is applied, only the very outer edge of the nose may have some brown tinge.
- A tissue can be used to dab the brown area if bothersome.



* The use of trade names is for identification only and does not imply endorsement by the Department of Health and Human Services or the Centers for Disease Control and Prevention.

[If you have more questions, please ask your nurse.](#)