



Hôpital **Montfort** Hospital

Patient Information Sheet **VRE (Vancomycin Resistant Enterococcus)**

What is VRE?

VRE is a bacteria that has developed a resistance to many antibiotics such as Vancomycin. For example VRE can be found in stools, urine, wounds or the genitals. People who have a weak immune system, who have taken many antibiotics, who have been in the hospital frequently or for a long stay are more at risk to get VRE.

How VRE is spread?

VRE is transmitted by direct contact with contaminated hands or objects.

Can VRE be treated?

For most of the people the bacteria will not cause health problems and will not need to be treated. Antibiotics could be prescribed to persons who have an infection caused by VRE .

Can my family and friends get VRE?

The risk of spreading VRE to healthy family members and the entourage is very low. Frequent hand washing is the best way to reduce risk of transmission.

What should I do at the hospital?

Always wash your hands before eating and after using the bathroom . Remind others, including your doctors and nurses, to wash their hands before touching you.

Why are special precautions or isolation needed?

To prevent the transmission of VRE to other patients and to protect everyone, gowns and gloves are donned when we care for someone who has VRE. Visitors who come to see you while you are on isolation will also need to wear a gown and gloves and wash their hands upon entering and exiting the room.

What should I do when I go home?

Hand Hygiene:

Wash your hands thoroughly and frequently with soap and water.

Wash your hands for at least 15 seconds:

- before handling food
- before eating
- after using the toilet
- after touching dirty or contaminated surfaces

Also, remind other members of your household to wash their hands regularly, since hand hygiene is the most effective measure to prevent the spread of the bacteria. Caregivers should wear gloves when handling stools or urine and wash their hands after removing gloves or after providing care.

Dressings: Put soiled dressings into plastic bags and tie the bags before disposing in regular garbage.

Housecleaning: An all-purpose, regular household cleaner can be used for cleaning. Clean the room, bathroom and all other surfaces frequently touched by the person with VRE.

Laundry: Hot water with a regular laundry detergent and drying clothes in a dryer are helpful to remove the bacteria. Rinse items that are heavily soiled with urine or stools before washing them.

Dishes: Regular cleaning of dishes, either in a sink with soap and hot water or in a dishwasher is fine.

You may continue with your activities.

When you go for a hospital, medical or dental appointment please inform the staff that you have VRE.