

Vancomycin Resistant Enterococcus (VRE)



Information about an antibiotic resistant bacteria

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What is VRE?

- Bacteria are tiny organisms not visible with the naked eye. Bacteria are everywhere, both inside and outside of your body. Some people call them 'germs'.
- Enterococcus is a normal bacteria that lives in everybody's bowel.
- It can sometimes cause bladder infections and on rare occasions more serious infections.
- Antibiotics are medicines used to prevent and treat infection caused by bacteria. They come in many forms, including tablets, capsules, liquids or creams.
- Some types of bacteria are resistant to antibiotics. This means the antibiotics do not control or kill the bacteria and cannot treat the infection.
- Vancomycin Resistant Enterococcus (VRE) means that the Enterococcus is resistant to the antibiotic called Vancomycin. If you get an infection, your doctor will use a different antibiotic to treat it.

What happens if I have VRE?

In Hospital:

- Tell your Doctor or Nurse you have VRE.
- You may be moved to a single room.
- Hospital staff will clean their hands before and after touching you. They will wear an apron and gloves.
- You can leave your room if you feel well enough. Do not visit other patients.
- Wash your hands or clean them with alcohol-based hand sanitiser often and before leaving your room and when returning to your room.
- You can continue to have visitors and have as much contact with them as you like. For example, you can hug and kiss your children.

At home:

- Tell your family doctor (GP) or community nurse.
- Wash your hands regularly and before or after handling food and after going to the toilet.
- Anyone who helps you with your personal hygiene or toileting should wash their hands after contact with you
- No special cleaning or laundry precautions are needed.



- You can share things like plates, cups, sheets and towels as normal.
- You can continue to visit and be visited by friends and family.
- You are free to go wherever you want to go.

Where can I get more information?

- Infection Prevention & Control team, Prince of Wales Hospital, Randwick, NSW
Telephone: 9382 2519 or 9382 2083
- Visit this website: <https://www.cec.health.nsw.gov.au/keep-patients-safe/infection-prevention-and-control/multi-drug-resistant-organism-and-emerging-pathogens>
- Your Doctor or Pharmacist.

