

VRE Patient information

One of your tests shows the presence of bacteria called vankomycin resistant Enterococcus (VRE). Infections with VRE may require special antibiotics. Therefore, while in hospital, special measures will be taken around you to avoid spreading of VRE to other patients. We hope this information will give you an understanding of why we have such measures.

What is VRE?

Enterococcus is a bacterium normally present in the intestine. Vankomycin is an antibiotic normally used for treating infections caused by enterococcus, but cannot be used for a VRE infection.

Is VRE dangerous?

VRE are not dangerous when they are a part of the normal bacterial flora in the intestine. In these cases, it is called carriage, and is not treated. As infections with VRE can be hard to treat, we do not want spreading in hospitals.

How did you get VRE?

VRE are transmitted from person to person via unclean hands, unclean contact points or via polluted food or water.

Can VRE be treated?

Being a carrier of the bacteria in your intestine doesn't usually give any disease. If you get a VRE infection, we may need to use special kinds of antibiotics in the treatment.

What does healthcare personnel do to avoid spreading of VRE?

In hospitals you will be isolated in a separate room to avoid VRE spreading to other patients. The healthcare personnel will use protective equipment like gloves and a yellow coat. It is important that everyone applies hand hygiene when entering and leaving your room. Retirement homes have other routines for VRE. Healthcare personnel will inform you and your visitors of the necessary protective measures.

What to do when you get home?

- Good hand hygiene using hand sanitizer or washing hands with soap and water are the most important measures to avoid spreading of the bacteria. You can otherwise live and work as normal.
- Inform about VRE whenever contacting healthcare service. Then preventive measures can be taken to avoid spreading of VRE.