

MORE THAN A BATH: Help prevent infection with CHG treatment

Infections can mean you might have to stay in the hospital longer. Infections can also slow your recovery. Here's how we can work together to prevent infections.

During your hospital stay, you will be given cleansing wipes. These wipes clean your skin and prevent infections. The name of the active ingredient in the wipes is **chlorohexidine gluconate (CHG)**, which works in two ways. First, the wipe kills germs on your skin immediately. Second, CHG continues to kill germs on your skin for up to 24 hours after use.

Why am I getting a special bathing?

There are some common bacteria that can live on your skin and in your nose that normally don't cause you any problems. But when you're in the hospital, because you're more vulnerable, these common bacteria could end up causing a severe infection.

- We will provide a daily treatment with CHG wipes to remove potentially harmful bacteria on the skin. This helps prevent dangerous infections like Methicillin Resistant Staphylococcus Aureus (MRSA).
- The treatment takes only 10 minutes every day. It's a proven method to help protect patients from infection.
- You can also help prevent infection by washing your hands well whenever possible. It only takes 20 seconds!

How do I use the wipes?

- Your care team can give you any help needed for daily CHG application.
- If you prefer to use the CHG wipes yourself, you will still need some assistance to cover your back.
- CHG should be used outside of the body. They should be used from the neck down ONLY. **Do not use on your face.**

Why do I need CHG treatment every day?

CHG has been shown to keep bacteria off the skin for up to 24 hours if applied correctly. We want that protection for you every day!

Am I really clean without using soap and water to bathe?

CHG actually works better than standard soap and water to remove bacteria from the skin.

What should I expect after CHG treatment?

- Your skin might feel sticky after using the CHG wipes. This is due to the moisturizer in the wipes. This feeling should go away once the skin is dry.
- Avoid lotions and moisturizers while in the hospital. These could interfere with the benefits of CHG treatment.

Can I rinse off the CHG afterwards?

Do not rinse. Your skin may feel sticky for just a few minutes. This will go away once your skin completely dries.

Is it ok to use CHG on my wound?

Yes. CHG is safe on rashes and wounds that aren't large or deep. CHG prevents germs from entering the wound.

Can I take a shower while using CHG?

A shower with soap and water must be before your daily CHG treatment. Use the CHG wipes after completely drying.

+ See the back of this sheet for instructions on how to use CHG wipes.

Chlorhexidine Gluconate (CHG) replaces routine bathing for some patients, for example, if you

- are in a critical care unit
- have a central line for IV medications or fluids
- have a urinary catheter
- have other risk factors for infections – your care team will determine these

How to Use CHG Wipes

DO	DON'T
<ul style="list-style-type: none">• DO wipe with a firm massaging motion.• DO use only CHG-compatible lotions and/or barrier products below the jawline.• DO dispose of all wipes in the trash.	<ul style="list-style-type: none">• DON'T use regular soap or lotions below the jawline. Some soaps and lotions can deactivate CHG.• DON'T wipe off after treatment. Allow the CHG to dry.• DON'T FLUSH THE WIPES DOWN THE TOILET.

Firmly massage wipes over the parts of your body below the jawline, in the order shown below. Use one (1) wipe from the package for each numbered body area. For example, one wipe for area number 3, wiping both the stomach and between the legs. All wipes from the package should be used. Dispose of wipes in the trash.

