Keeping your hands and body clean is the most important step to avoid getting sick and spreading germs to others. CHG Baths (Chlorhexidine Gluconate Bathing) are a way to keep your body clean. CHG baths are important for these reasons:
- Prevent infections while in the hospital
- Reduce germs that are on your skin

**When to Do a CHG Bath**
Each day, take a shower in the morning, then do a CHG bath at night before you go to bed.

**Instructions for a CHG bath**
Use a wash cloth to clean your face. Do not use a CHG wipe on your face. Wash your hands and put on new gloves. Then, do the following:

1. Use a CHG wipe to clean around your dressing, down the IV lines, and then around your neck, chest, and abdomen.
   - Throw away the wipe in a garbage can.

2. Get a new CHG wipe to
   a. Clean your right arm and left arm.
   b. Clean your right hand and left hand.
   c. Clean your right armpit and left armpit.
   - Throw away the wipe.

3. Use a new CHG wipe to
   a. Clean your right leg.
   b. Clean your right foot.
   - Throw away the wipe.

4. Use a new CHG wipe to
   a. Clean your left leg.
   b. Clean your left foot.
   - Throw away the wipe and your gloves.
   - Wash your hands and put on new gloves.

5. Use a new CHG wipe to
   a. Clean your back.
   b. Clean your buttocks.
   - Throw away the wipe and your gloves.
   - Wash your hands.

**When NOT to do a CHG bath**
- Do not use a CHG wipe on your face, open wounds, rashes, burns, mucous membranes, severely broken skin, or if you have Graft-versus-Host Disease.
- Do not do a CHG bath for 7 days after having radiation therapy or a type of chemotherapy called thiotepa.
- Do not do a CHG bath if you use a topical steroid such as triamcinolone, clobetasol, or cortisone on your skin.
- Do not do a CHG bath if you are allergic to chlorhexidine.