

CHG Baths for BMT Patients

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

Independent Patients: Each day, take a shower in the morning, towel dry, then do a CHG bath right after.

Patients Requiring Assistance: Give a daily CHG wipe down.

Instructions for a CHG bath

Do not use a CHG wipe on your face. Use a washcloth to clean your face. Wash your hands, then complete the following:

Step 1: Use one CHG wipe to:

Clean around your dressing, down the IV lines, and then around your neck, chest, and abdomen.

Step 2: Use one new CHG wipe to:

Clean your right arm and hand, front and back.
 Clean your left arm and hand, front and back.
 Clean your left and right armpits.

Step 3: Use one new CHG wipe to:

Clean your lower abdomen
 Clean your peri-area

Step 4: Use one new CHG wipe to:

Clean your right leg and foot, front and back.

Step 5: Use one new CHG wipe to:

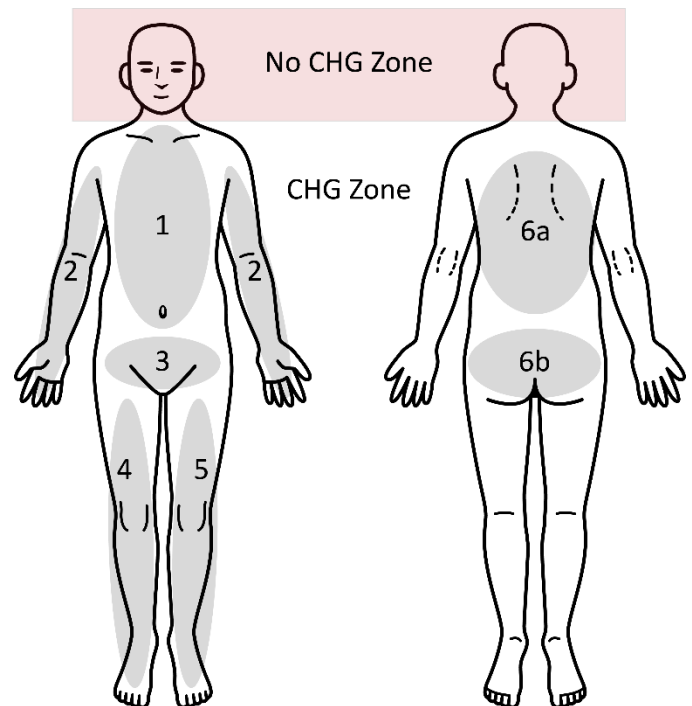
Clean your left leg and foot, front and back.

Step 6: Use one new CHG wipe to:

Clean your back and buttocks.

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.



Reference: Centers for Disease Control and Prevention (CDC). Guidelines for the Prevention of Intravascular Catheter-Related Infections, 2011.