

CHG Baths

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:

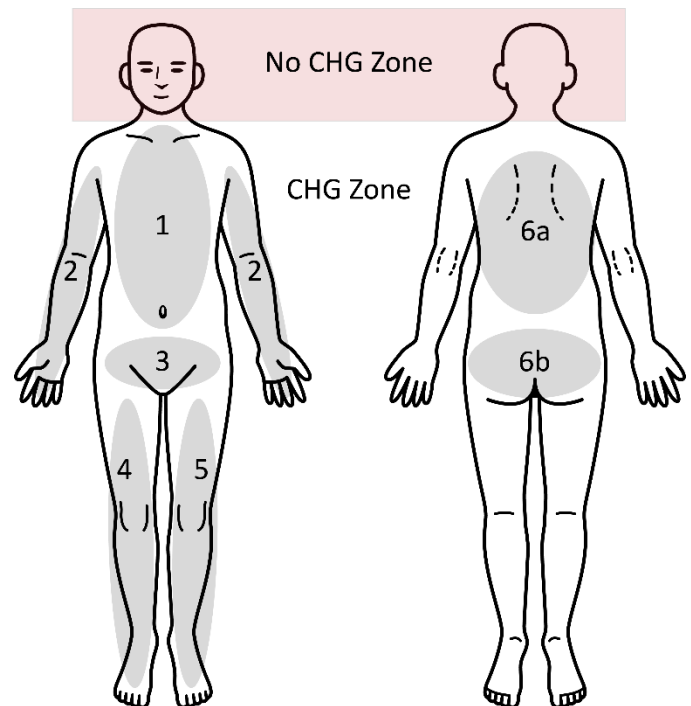
Clean your left leg and foot, front and back.

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.