

# Cleaning Your Skin During Your Hospital Stay: Using Chlorhexidine Gluconate (CHG) Soap

## Information for patients and families

Read this pamphlet to learn:

- Why it's important to use chlorhexidine soap
- How to use chlorhexidine soap
- How long to use chlorhexidine soap



## What is chlorhexidine, CHG soap?

Chlorhexidine (k-lor-hex-a-deen) is a soap (skin cleanser) that kills different types of germs (including bacteria) that live on your skin and can cause infection.

## Who should use chlorhexidine soap?

If you are asked to use chlorhexidine soap during your hospital stay, the soap will be provided to you.

## Why should I wash with chlorhexidine soap?

Using chlorhexidine soap during your daily shower or bath helps to reduce the number of germs living on your skin.

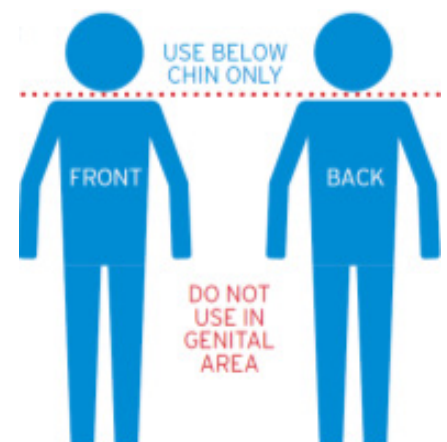
This helps to reduce your chance of getting an infection during your hospital stay.

## How do I use chlorhexidine soap?

Wash your body using the provided soap that has chlorhexidine.

Use the chlorhexidine soap every day while you are in the hospital or until your health care team tells you to stop.

1. During your bath or shower, put the chlorhexidine soap directly onto a wet washcloth or hands. Do **NOT** dilute the soap with water.
2. Wash your entire body from your neck down. Do **NOT** use on your face, hair, scalp or in your ears.



3. Clean your groin area, underarms and rectal area very well. Avoid getting the soap in your genital area.
4. Wait 2 minutes.
5. Rinse off your body with water.

If your skin becomes irritated (red, sore, itchy, burning) while you are washing with the soap, **stop** using the soap and let your nurse know right away.

These washing instructions are for the 2% chlorhexidine gluconate (Endure 420® or Dexidin 2®) soap that the hospital provides. If you use another type of soap, you may need to follow different washing instructions.

## How long do I need to use chlorhexidine soap?

Use the chlorhexidine soap every day during your hospital stay to reduce your chance of getting an infection. Your health care team will tell you when to stop using it.

## What about when I go home?

Most people do not need to use chlorhexidine soap at home. Ask your doctor or nurse if you need to use chlorhexidine soap at home.

## Who can I talk to if I have any questions?

If you have questions or concerns about stopping infections, ask your nurse to call Infection Prevention and Control.



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