

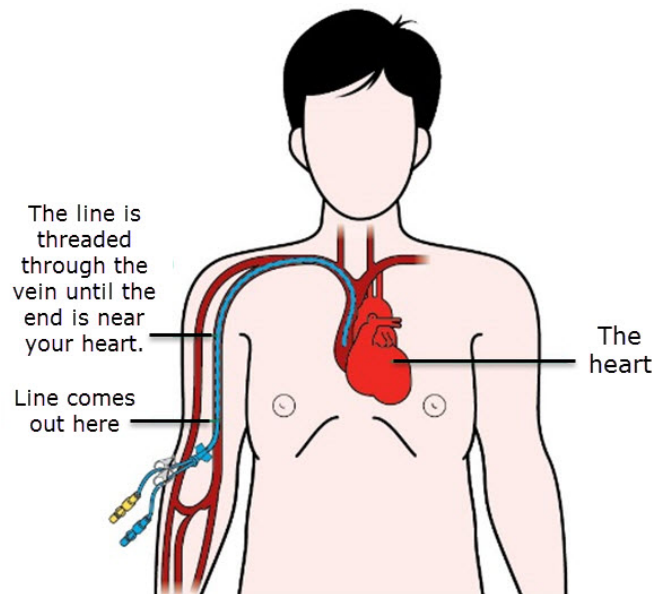
Using CHG Wipes During Your Hospital Stay

Education for Patients and Families

During your hospital stay, you will have an antimicrobial cleanser applied to your skin if you are in the Intensive Care Unit (ICU), select high risk units, or in general care with central lines. This cleanser is called chlorohexidine gluconate, or CHG. CHG kills germs on skin for up to 24 hours after it is applied. This CHG cleanser comes in the form of prepackaged cloths and will be used once a day for those who are at risk of developing a bloodstream infection.

What is a Central Line?

A central line is a tube that is placed into a large vein in your neck, chest, arm or groin. This tube is used to give fluids or medications more effectively to the body than a regular IV. It can be left in place for several weeks. If this central line is not cared for, a bloodstream infection can occur when bacteria or other germs travel down the tube and enter the blood



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What hospital staff do when I have a central line?



Place green caps with alcohol in them on your line to protect it from germs



Cleanse hands and wear gloves prior to giving medications



Assess every day if the central line is still needed so it can be removed as soon as possible

How can I keep myself healthy with daily skin hygiene?

Keeping yourself healthy means having a daily bath or shower followed by an application with CHG cloths. Keeping skin clean and free of germs is one of the best ways to prevent infections while in the hospital. Your nurse or nurse-aide will assist you with the application of CHG.

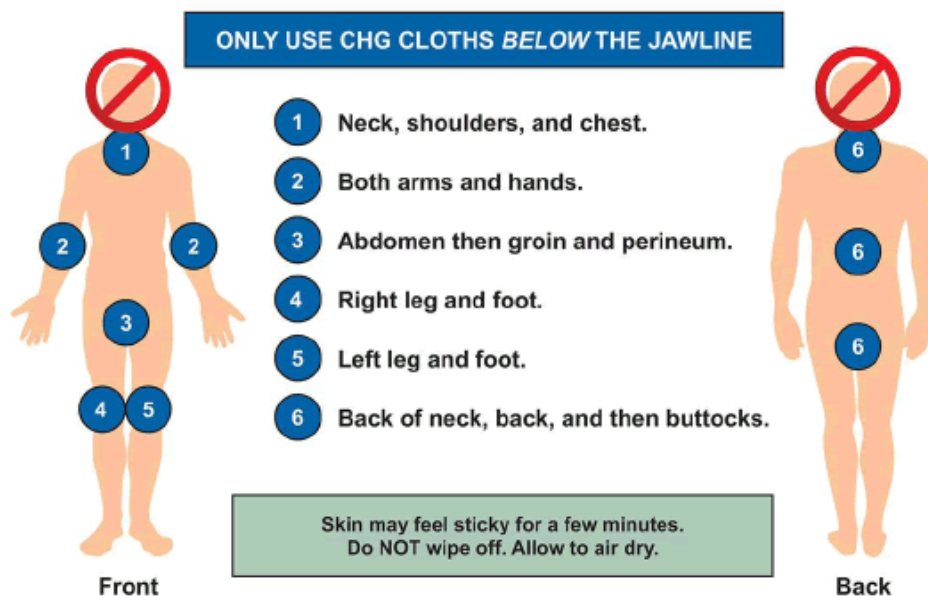
These cloths are an important part of your daily hygiene treatment plan to help speed healing.



Applying CHG daily while in the hospital can help prevent bloodstream infections. CHG can also protect you from getting an antibiotic resistant bacteria such as methicillin-resistant *Staphylococcus aureus* (MRSA) or vancomycin-resistant *Enterococcus* (VRE).

How is the cloth containing CHG used for bathing or showering?

It is extremely important that CHG application occur daily while in the hospital for the complete antimicrobial benefits of the cleanser. You may be given a bath using regular soap and water followed by an application of the CHG cloths. **CHG cloths should be used on the outside of your body from the neck down.** Use regular soap and shampoo on the face and head.



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How many wipes should I use?

The correct amount of wipes to use is 6 for patients over 66 pounds. The nurse will use each cloth on a different part of the body. Fewer cloths may be used in children depending on their weight.

What should I expect when using CHG wipes?

Skin may feel sticky after use of the CHG cloths. This sticky feeling is due to the moisturizer in the cloths to prevent skin dryness. This feeling should go away once the skin is dry. The CHG left on the skin will continue to kill germs over time so it is important not to rinse off after being wiped with the CHG cloths. Avoid lotions because they may interfere with the antimicrobial benefits of CHG.



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What can happen if I do not bathe daily?

Germs try to find every route into the body to cause an infection. Infections can range from minor skin infections to severe bloodstream infections. A severe bloodstream infection can increase your length of stay in the hospital by up to an additional 24 days and increase your chances of death by 35%. Simple things like keeping your skin clean can help prevent these types of infection.

Together, we can prevent infections and speed your rate of healing by maintaining a clean body and a clean central line.

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