

Chlorhexidine Gluconate After-Bath Rinse

What is Chlorhexidine Gluconate?

Chlorhexidine Gluconate (CHG) is an antibacterial skin cleanser. It helps reduce the number of infection-causing bacteria that live on your skin.

Why does the hospital use CHG?

Studies on preventing hospital infections show that CHG reduces the spread of germs that resist antibiotics. CHG can also reduce blood-stream infections that may occur with central lines. Applying CHG daily as a 2 percent solution has been shown to be effective.

At the Clinical Center, health care staff use a product called Hibiclens, which contains CHG.

Will CHG irritate my skin?

While some people are sensitive to CHG, most people find it to be mild and nonirritating.

But if you have any skin irritation after using this product, alert your nurse immediately.

When do I apply CHG?

After each regular bath or shower, staff will apply the 2 percent CHG after-bath rinse for you or give you the rinse to apply yourself.

How do I apply the after-bath rinse?

If you apply the rinse yourself, please follow these directions:

- ▶ Obtain 2 percent CHG after-bath rinse. Your nurse will dilute a CHG solution for you in a washbasin. You will also receive some washcloths.
- ▶ After your bath, soak the washcloths in the CHG solution in the wash basin
- ▶ Using the washcloths, apply the solution to your body from your jaw line to your feet.

AVOID putting solution on these body areas:

- Non-intact skin or open wounds
- Skin close to medical devices/ drains
- Eyes, inside the nose and mouth, and groin area.

If accidental splash does occur, rinse the area right away with water and let your nurse know immediately.

Important note: DO NOT RINSE your skin after applying the CHG solution.

Questions?

Feel free to talk to your nurse, doctor, or call the Hospital Epidemiology Service at 301-496-2209.

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Questions about the Clinical Center?
<http://cc.nih.gov/comments.shtml>
7/2011

