

Section 10-8 – Decolonization of Non-ICU Patients With Devices

Shower Instructions

Our hospital uses chlorhexidine gluconate (CHG), which works better than soap and water to remove skin germs and protect you from infection. CHG has been safely used in healthcare for over 60 years.

1. Use 4% liquid CHG for all areas of the body.
2. Use CHG as shampoo. **Avoid eyes and ear canals.** Rinse well.
3. Next, clean face with CHG. Rinse.
4. Apply generous amount of CHG to mesh sponge or cloth. Rub until foamy.
 - Wet skin with water. Turn water off or stand out of water stream.
 - Firmly massage soapy sponge or cloth onto skin from head to toe.
 - Reapply CHG generously to the sponge or cloth to keep foamy, and apply to the following areas of the body:
 - ✓ Neck and chest, including under breasts for women
 - ✓ Back of neck, shoulders, and back
 - ✓ Armpits, arms, and hands
 - ✓ Abdomen, hips, and groin
 - ✓ Both legs and feet, including between toes
 - ✓ Perineum (genitals) last
 - For best results, leave soap on skin for 2 minutes. Lathering all body areas twice before rinsing takes about 2 minutes.
5. Rinse body well.
6. Ask your nurse to help you clean lines, tubes, drains, or wounds that were covered for showering. These should be cleaned with CHG cloths.
7. If needed, ask your nurse for CHG-compatible lotion to moisturize.

CHG continues to work for 24 hours to keep germs off your body. If you must use your own shampoo and face products, please use them before the CHG and keep them off the body as regular soap and shampoo can prevent CHG from working to kill germs.