

# Reduce the Risk of Infection by Using Chlorhexidine Gluconate (CHG) Cloths

## General Information

You have an important role in reducing your risk of infection from your central line site.

During your stay in the hospital, you will use CHG cloths each day to clean your skin when you have a central line (PICC, Port-A-Cath®, Hickman® line or another type of catheter). The cloths kill germs on your skin.

Your skin is a constant source of germs. The wipes will kill 99 percent of those germs and help keep from getting into your bloodstream, causing a serious infection.

## How to Use the Cloths

Please **do not** follow the instructions on the Sage® 2% Chlorhexidine Gluconate Cloths packages when cleansing your skin. Follow these instruction:

- Gather your supplies: 3 packages of Sage® 2% Chlorhexidine Gluconate Cloths, scissors, and clean clothes or sleepwear.
- Open all 3 packages. Remove the cellophane wrapper and throw away. Use scissors to cut open the packages. Cut straight across the top of each package.
- Reach into one of the 3 open packages. Take out 2 cloths at one time and put them on a clean surface. Repeat for the second and third packages.
- After you start using the cloths, do not touch your eyes, ears, mouth genitals or open areas of your skin.

## Warning

Do not use chlorhexidine wipes or liquid if you:

- are sensitive to surgery skin preps
- know you have an allergy to chlorhexidine.

If you notice your skin is irritated while using the chlorhexidine wipes or liquid, remove it gently with a wet washcloth. Tell your nurse you had a reaction so they can make a note of your allergy history and tell others on your health care team.

There are rare cases of this product causing a serious allergic reaction. This can occur within minutes of use. Call your nurse if you have any of these:

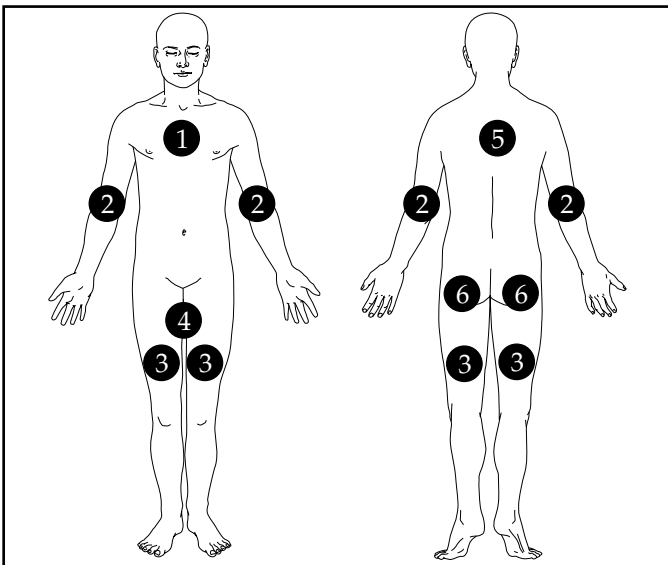
- wheezing or difficulty breathing
- swelling of the face
- hives
- severe rash
- shock.

- You may use Sage bath cloths before you use the CHG cloths.
- Follow the skin cleansing steps below.
  - Gently cleanse your skin using a back-and-forth motion.
  - Be sure to completely cover each area. You may need help wiping some areas of your body.

After you gently cleanse each area, let your skin air dry for 1 to 3 minutes. It is normal for your skin to feel tacky or sticky for several minutes after you apply the solution.

- **Do not rinse or rub off the solution.**
- **Do not use cloths on your face or head.**
- **Do not apply deodorant, perfume, lotions, moisturizers, gels or powders after cleaning your skin.**
- Throw away the used cloths. Do not flush them down the toilet.
- Wash your hands with warm water and soap.
- Put on a clean gown or sleepwear. Make sure your bed is changed each day.

## Skin Cleansing Steps



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The numbered areas in the illustration show where to cleanse your body using each of the cleansing cloths. The numbers in the text to the right give you more details on how to cleanse your body.

- 1 Cloth No. 1: Wipe your **chest** from your chin to your belly button.
- 2 Cloth No. 2: Wipe both **arms** from the front to the back. Wipe in your armpit areas.
- 3 Cloth No. 3: Wipe both **legs** from the front to the back.
- 4 Cloth No. 4: Wipe your **inner legs** area but not the genital area.
- 5 Cloth No. 5: Wipe your **back** from your neck to your sacrum (the V-shaped bones at the bottom of your spine). Please ask for help from members of your health care team.
- 6 Cloth No. 6: Wipe your **buttocks** area but not the anus.