

PATIENT INFORMATION

Daily Chlorhexidine Showering on Allerton and Turner Wards

Why the special Chlorhexidine daily showering?

This hospital is dedicated to improving medical care for our patients. Common bacteria on the skin and nose can produce infection during high-risk periods such as when central lines are present in veins. The Chlorhexidine showering has been proven in research studies to protect patients from infection and reduce the risk of having antibiotic-resistant bacteria on the body. The ultimate goal of this effort is to prevent infections.

What is chlorhexidine?

Patients will be asked to shower daily in an antiseptic agent called chlorhexidine, which has been used safely in hospitals for over 50 years and is available over the counter at your local chemist and is present in certain mouthwashes.

Why is daily chlorhexidine showering prescribed?

Chlorhexidine has been shown to keep bacteria off the skin for up to 24 hours. Patients with central lines in the vein are shower daily to protect them from infections during this high-risk period.

Am I really clean without using soap and water to bathe?

Chlorhexidine actually works better than standard soap and water for removing bacteria from the skin. It continues to work for up to 24 hours. Some soaps and shampoos can stop the chlorhexidine from working.

Who can provide me with more information?

Please talk to your nurse if you have a question or want additional information.

How do I shower with chlorhexidine?

You will be given a bottle of chlorhexidine labelled with your name and a date that it should be thrown out by. You will also be given disposable wipes.

Step into the shower and wet your skin, hair & disposable wipe.

Switch off the shower or step out of the water stream.

Pour some chlorhexidine onto the disposable wipe.

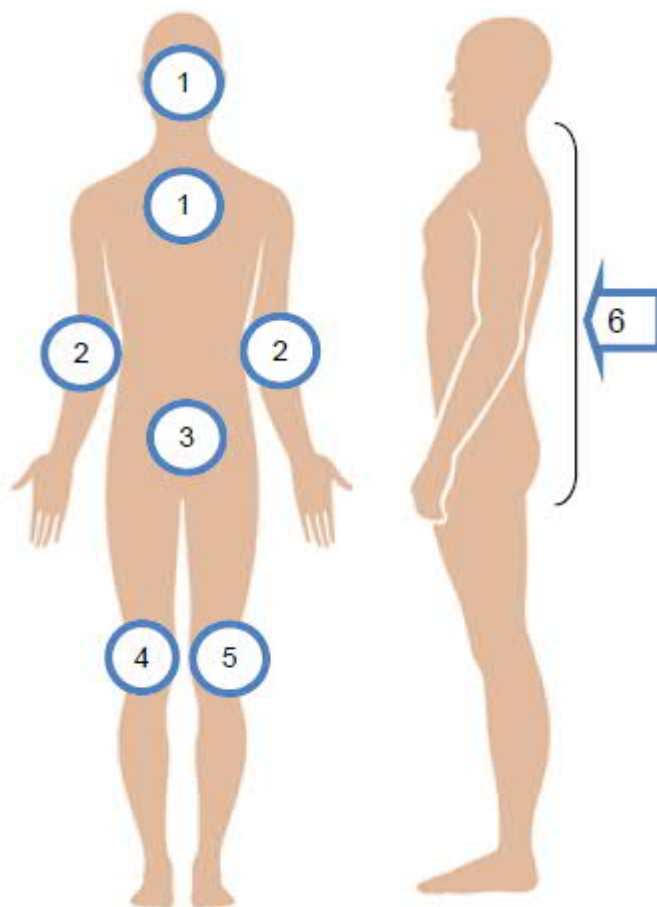
Firmly massage the chlorhexidine into the skin starting with lines close to the body and clean over non-absorbable dressings, then do the neck, arms, chest and stomach, legs, back and finally buttocks, in that order. This is shown in the diagram below.

Leave the chlorhexidine on the skin for 2 minutes and this would be a good time to wash your hair in chlorhexidine and avoid the eyes and ear canals.

Finally rinse off the chlorhexidine and get dry.

You can ask for help for hard to reach areas.

Chlorhexidine is safe rashes and wounds that are not large or deep and your nurse can advise you on this.



Avoid eyes and ear canals

What do I do with the disposable wipes after use?

Disposable wipes must always be thrown into the bin and Never flushed down the toilet because they cause blockages.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.