## Why Am I Getting Special Bathing?

There are some common bacteria that can live on your skin and in your nose that normally don’t cause you any problems. But when you’re in the hospital, because you’re more vulnerable, these common bacteria can end up causing a severe infection.

To help prevent this, our unit provides patients with a **daily** no-rinse bath using a special skin cleanser called **chlorhexidine gluconate**, or **CHG**, that removes potentially harmful bacteria on the skin and reduces the risk of infection. The bath takes only 10 minutes every day, and it’s a proven method to help protect patients like you from infection.

## Why Is a CHG Bath Administered Daily?

CHG has been shown **to keep bacteria off the skin for up to 24 hours if applied correctly**. Patients in this unit are bathed daily to protect them from infections during their hospitalization.

## Am I Really Clean Without Using Soap and Water To Bathe?

**CHG actually works better than standard soap and water for removing bacteria** from the skin.

## Can I Rinse Off the CHG Afterwards?

**Do not rinse**. Your skin may feel sticky for just a few minutes. This will go away once your skin completely dries. Once it dries, CHG will keep working to kill germs for 24 hours.

## Is It Okay To Use CHG on My Wound?

CHG is safe on rashes and wounds that aren’t large or deep, **and it prevents germs from entering the wound and causing infection**.

## Who Can Provide Me With More Information?

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

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| **Adapted from** “Universal ICU Decolonization: An Enhanced Protocol”  [*https://www.ahrq.gov/hai/universal-icu-decolonization/index.html*](https://www.ahrq.gov/hai/universal-icu-decolonization/index.html) | and | Toolkit for Decolonization of Non-ICU Patients With Devices”  [*https://www.ahrq.gov/hai/tools/abate/index.html*](https://www.ahrq.gov/hai/tools/abate/index.html) |

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