

STANDARDIZATION OF THE 4% Chlorhexidine Gluconate (CHG) PREAMISSION SHOWER

Include the following components in preadmission CHG shower regimens, as part of a comprehensive surgical site infection prevention program.

1. **Use** electronic alert systems (text messaging, emails, voice mails) to remind patients to complete the shower regimen.
2. **Emphasize** the importance of the shower regimen, and give patients both oral and written instructions.
3. **Provide** the CHG product free of charge to patients.
4. **Define** a precise amount of CHG (one 4 oz. bottle) to be used for each shower.
5. **Instruct** patients to take a 60-second pause (time-out) after application of the CHG before rinsing.
6. **Direct** patients to wear loose-fitting garments following each CHG shower, and to avoid using lotions, creams, emollients, or perfume.

Source: Edmiston CE, Cheong JL, Krepel CJ, et al. Evidence for a standardized preadmission showering regimen to achieve maximal antiseptic skin surface concentrations of chlorhexidine gluconate, 4%, in surgical patients. *JAMA Surg.* 2015;150:1027-33.



Wisconsin Division of Public Health
HAI Prevention Program

<https://www.dhs.wisconsin.gov/hai/index.htm>



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