



U DIYAARINTA MAQAARKA KA HOR QALLIINKA

Isticmaalka tirtirayaasha (wipes) CHG

Buug-yarahaan ama qoraalkani wuxuu sharaxayaa sida jirkaaga loogu nadiifiyo tirtiraha ama waybista CHG marka lagaaga ballamiyo qaliin Xarunta Caafimaadka ee Harborview.

Waa maxay tirtirayaasha ama waybista CHG?

Qalitaanka ka hor, waxaad isticmaali doontaa tirtirayaal gaar ah si aad jidhkaaga u nadiifiso. Tirtirayaasha waxaa ku jira saabuunta jeermiska disha ee loo yaqaan chlorhexidine gluconate (CHG). Ku nadiifinta jirkaaga tirtirayaasha CHG ka hor qalliinka waxay kaa caawinaysaa ka hortagga caabuqa/infekshanka.

Haddii aad yeelato xanuun ama cuncun ka dib isticmaalka tirtirayaasha:

- Jooji isticmaalka tirtirayaasha.
- Si fiican biyo uga raaci meesha.
- U sheeg shaqaalaha xanuunkaaga ama cuncunka subaxda qaliinka.

Haddii aad xasaasiyad ku leedahay chlorhexidine ama aad ku xajimooto, isticmaal saabuun caadi ah si aad ugu qubeysato.

Habeenka Ka horeeya Qalitaanka

- Qubayso ama qubays fadhiya qaado, oo timahaaga shaambooyee sida caadiga ah. **Ha xiirin qayb ka mid ah jidhkaaga. Hubi inaad isticmaasho shukumaan nadiif ah.**
- Hubi inaad xidhato dhar nadiif habeenkii oo u isticmaal go'yaal nadiif ah sariirtaada ka dib markaad isticmaasho tirtirayaashan (wipes).
- Raac "Tallaabooyinka Diyaarinta Maqaarka" ee hoos ku qoran 1 saac kadib markaad qubeysato. Hubi in maqaarkaagu engegan yahay ka hor inta aanad bilaabin.

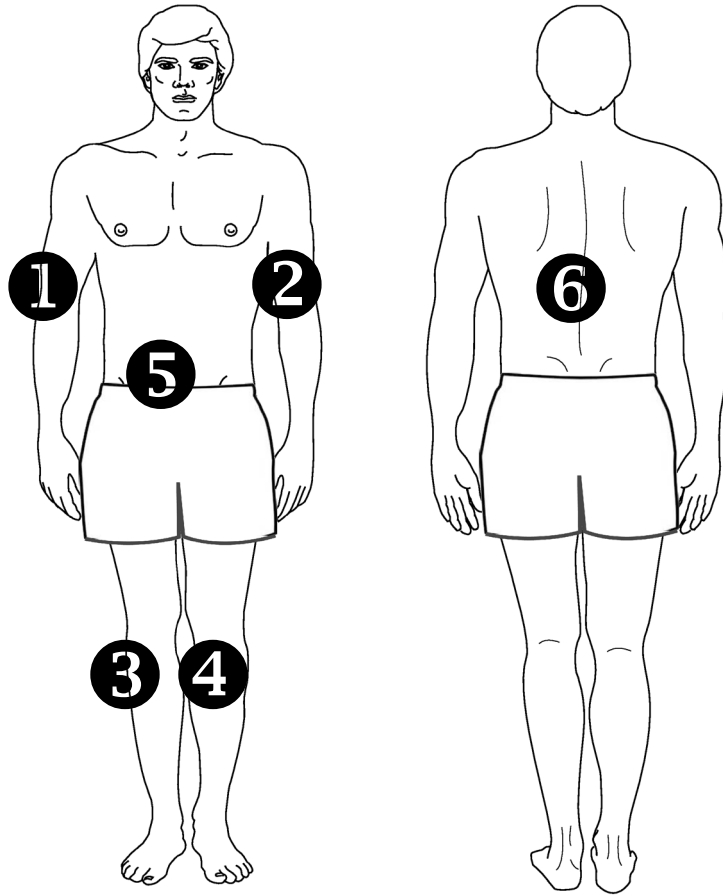
Tallaabooyinka Diyaarinta Maqaarka

- Isticmaal maqas si aad u gooyso xabagta dhammaadka saddexda baakaadood/xirmo ee tirtirayaasha CHG . Xirmo kasta waxuu ka kooban yahay 2 tirtire.
- **Ha** u isticmaalin tirtirayaasha CHG wajigaaga, timahaaga, xubnaha taranka, ama meelaha aad nabaro furan ku leedahay.
- Isticmaal dhammaan 6 tirtire, 1 tirtire meel kasta oo jirka ah (eeg sawirada bogga 2). Tusaale ahaan, isticmaal:
 - 1 tirtire (wipe) u isticmaal gacantaada midig-cududa ilaa faraha iyo calaacalaha
 - 1 tirtire (wipe) u isticmaal gacantaada bidix- cududa ilaa faraha iyo calaacalaha
 - 1 tirtire (wipe) u isticmaal lugtaada midig iyo cagtaada midig

- 1 tirtire (wipe) u isticmaal lugtaada bidix iyo cagtaada bidix
- 1 tirtire (wipe) u isticmaal calooshaada iyo gumaarka
- 1 tirtire (wipe) u isticmaal dhabarka iyo badhida
- Hore iyo gadaal u tirtir meel kasta sidii adigoo jidhkaaga ku rinjiyaynaaya tirtirayaasha (wipes). Si dhamaaystiran u samee
- Weydiiso caawimo haddii aad u baahan tahay si aad u gaadho meelo jidhkaaga ka mid ah.
- Ka dib markaad isticmaasho tirtirayaasha(wipes), **ha** raacin wax biyo ah maqaarkaaga hana marin wax looshin ah, wax jirka qooya, ama waxyaalaha laysku qurxiyo..
- Maqaarkaagu waxa laga yaabaa inuu dareemo dhegdheg 1 ilaa 2 daqiiqo ilaa uu si dhameystiran u engegaayo. Maqaarkaagu ha ku engego hawada ka dibna xidho dhar-habeen oo nadiif ah.
- Ku tuur tirtirayaasha qashin-qubka. Ha ku tuurin tirtirayaasha (wipes) musqusha..

Subaxa Qaliinka

- **Ha** maydhan,ama ha qubaysan, ama timaha ha ku dhaqin shamboo.
- Fur 3 xirmo oo cusub oo tirtirayaasha CHG ah. Raac tilmaamaha la midka ah ee "U Diyaarinta Maqaarka" sidii aad samaysay habeenkii qalliinka ka hor (eeg bogga 1).
- Marka maqaarkaagu engego, xidho dhar nadiif ah.



Su'aalo?

Su'aalahaagu waa muhiim. Wac rugtaada caafimaadka haddii aad qabtid su'aalo ama walaac.

U isticmaal 1 tirtire (wipe) meel kasta oo jirka ah sida loo lambareeyey.

Skin Prep Before Surgery

Using CHG wipes

This handout explains how to clean your body with CHG wipes when you are scheduled for surgery at Harborview Medical Center.

What are CHG wipes?

Before your surgery, you will use special wipes to clean your body. The wipes contain an *antiseptic* soap called *chlorhexidine gluconate* (CHG). Cleaning your body with CHG wipes before surgery helps prevent infection.

If you have pain or itching after using the wipes:

- Stop using the wipes.
- Rinse the area well.
- Tell staff about your pain or itching on the morning of your surgery.

If you are allergic to chlorhexidine, use regular soap to shower with.

Night Before Surgery

- Shower or bathe, and shampoo your hair as usual. **Do not shave any part of your body. Make sure that you use a clean towel.**
- Make sure that you put on clean nightwear and use clean sheets on your bed after using these wipes.
- Follow the “Skin Prep Steps” listed below 1 hour after you shower. Make sure your skin is dry before you start.

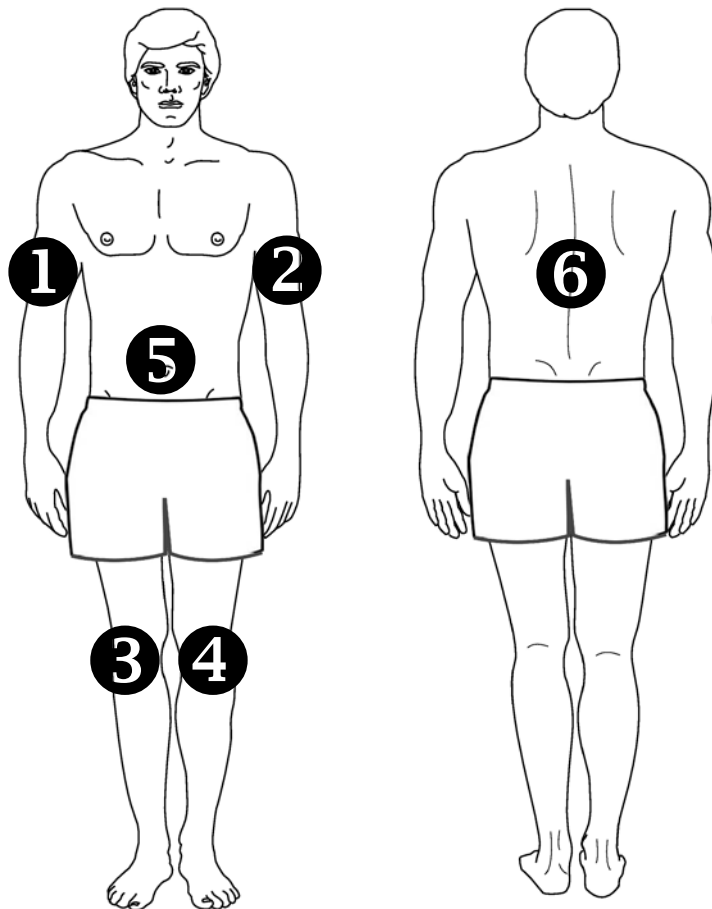
Skin Prep Steps

- Use scissors to cut off the end seal of 3 packages of CHG wipes. Each package contains 2 wipes.
- Do **not** use CHG wipes on your face, hair, genitals, or areas where you have open sores.
- Use all 6 wipes, 1 wipe for each body area (see drawings on page 2). For example, use:
 - 1 wipe for your right arm and hand
 - 1 wipe for your left arm and hand
 - 1 wipe for your right leg and foot
 - 1 wipe for your left leg and foot

- 1 wipe for your abdomen and groin
- 1 wipe for your back and buttocks
- Wipe each area back and forth as if you are painting your body with the wipes. Be thorough.
- Ask for help if you need it to reach certain areas of your body.
- After using the wipes, do **not** rinse your skin or apply any lotions, moisturizers, or makeup.
- Your skin may feel sticky for 1 to 2 minutes until it is fully dry. Let your skin air dry and then put on clean night clothes.
- Throw away the wipes in the trash can. Do not flush the wipes down the toilet.

Morning of Surgery

- Do **not** shower or bathe, or shampoo your hair.
- Open 3 new packages of CHG wipes. Follow the same instructions for “Skin Prep” as you did the night before surgery (see page 1).
- When your skin is dry, put on clean clothes.



Use 1 wipe for each body area as numbered.

Questions?

Your questions are important. Call your clinic if you have questions or concerns.