



UW Medicine

HARBORVIEW
MEDICAL CENTER

ናይ ሲ ኤች ጂ / CHG መፅረይ ብምጥቓም

ቅድሚያ መጥባሕቲ ዝግበር ምድላው ፅርየት ቆርበት

እዚ ሰነድ ንመጥባሕቲ ቆፃራ ኣብ ማእኸል ሕክምና ሃርበርቪው ክግበረልካ እንክሎ ኑበስኻ ከመይ ገይርካ ብመንፅሂ ሲ ኤች ጂ / CHG ተጠቒምካ ከምተፅርይ ዝሕብር ዩ።

ናይ ሲ ኤች ጂ / CHG መፅረይታት እንታይ እዮም ?

ቅድሚያ መጥባሕቲ ምግባርካ፡ ንኣካላትካ ንምጽራይ ፍሉይ መንጽሂ ክትጥቀም ኢኻ። እቶም መንጽሂታት ክሎርሄክሲዲን ግሉኮኔት (CHG) ዝበሃል ጸረ-ባክተርያ ሳሙና ኣለዎም። ቅድሚያ መጥባሕቲ ኣካላትካ ብሲ ኤች ጂ/CHG መንፅሂታት ምጽራይ ረኽሲ ንምክልኻል ይሕግዝ።

ድሕሪ ምጥቓም እዚአም መንፅሂታት ቃንዛ ወይካዓ ሳሓ እንድሕር ዳኣ ዝስማዓካ ኮይኑ ፡-

- ነዚአም መንፅሂታት ኣይትጠቀም/ ኣቋርፅ
- ነቲ ከባቢ ኣፀቢቕካ ብማይ ኣፅርዮ ።
- መጥባሕቲ ኣብ ትገብረሉ ዕለት ንጉሆ ብዛዕባ ቃንዛኻን ዝተሰማዓካ ስሓን ንስራሕተኛታት ሃብሮም።

ክሎርሄክሲዲን ክትጥቀም እንክለኻ ኣለርጂ (ቁጥዕ ቆርበት) ዝገብረልካ እንተኾይኑ ብልሙድ ሳሙና ተሓፀብ።

ቅድሚያ መጥባሕቲ ኣብ ዝግበረሉ መዓልቲ ምሽት

- ኑበስኻ ትሓፀብ፤ከምቲ ልሙድ ንጨጉሪኻ ብሻምፑ ሕፀብ። ንገለ ክፋል ሰብነትካ ከይትላዩ።ፅሩይ ሽጎማኻ ምጥቓምካ ኣይትዘንግዕ።
- ነዚአም መንፅሂታት ተጠቒምካ ድሕሪ ምሕፃብካ ፅሩይ ክዳን ላይቲን ኣንሶላን ተጠቐም።
- ድሕሪ 1 ሰዓት ምሕፃብ ሰብነትካ ስዒቦም ንዘለው "ደረጃታት ምድላው ፅርየት ቆርበት" ተኸተል። ቅድሚያ ምጅማርካ ቆርበትካ ንቑፅ ምጂኑ ኣረጋግ።

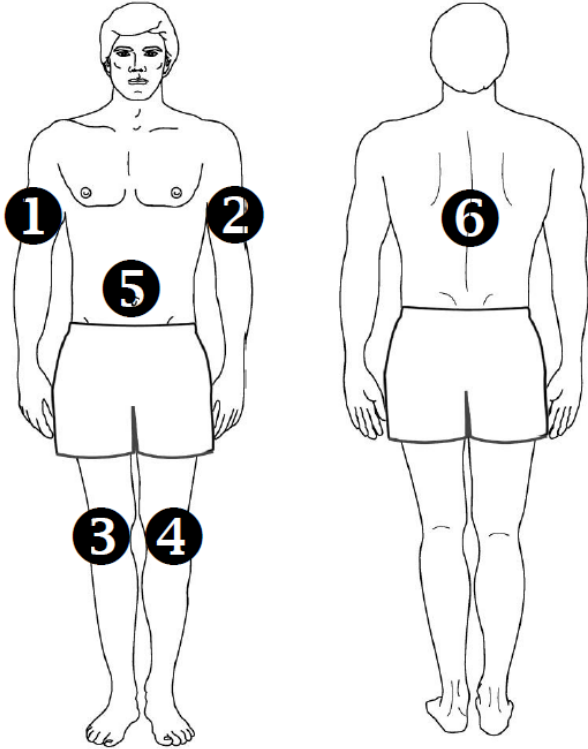
ደረጃታት ምድላው ፅርየት ቆርበት

- ን 3 ጥቕሉል ናይ ሲ ኤች ጂ /CHG ዕሽግ መንፅሂታት ልምቑራፅ መቐስ ተጠቐም። ነፍሲወከፍ ዕሽግ 2 መንፅሂታት ኣለዎ።
- ን ሲ ኤች ጂ /CHG መንፅሂታት ኣብ ልዕሊ ገፅኻ፣ጨጉሪኻ፣ ስርዓተ ምድላው ወይካዓ ዘይሓወዩ (ክፉት) ቑሕሊ ኣብ ዘለዎ ቦታ ኣይትጠቐም።
- ንኹሎም 6 መፅረይታት ተጠቐም።ንነፍሲ ወከፍ ክፋል ሰብነት 1 መፅረይ ተጠቐም(ኣብ ገደብ 2 ንዘለው ስእሊታት ራኣይ)። ንኣብነት
 - 1 መፅረይ ን የማን ቕልፅምን ኢድን
 - 1 መፅረይ ን ፀጋም ቕልፅምን ኢድን
 - 1 መፅረይ ን የማን እግሪን ጎንቦ እግሪን
 - 1 መፅረይ ን ፀጋም እግሪን ጎንቦ እግሪን
 - 1 መፅረይ ን ከባቢ ከብዲን ረቓቂቶን
 - - 1 መፅረይ ን ሕቕን መዓኮርን

- በቲ መፅረይ ምስ ለከኻ ንሕድሕድ ክፋል ሰብነትካ ንቐድሚትን ንድሕሪትን ብምውልዋል ኣፅርይ። ክተፅርይ ከለኻ ነቲ ከባቢ ኣፀቢቕካ ኣፅርይ።
- ኣብ ትወሰኑ ክፋል ሰብነትካ ምብፃሕ እንተተፀጊምካን ሓገዝ እንተድልዩካን ንሓገዝ ሕተት።
- ድሕሪ ምጥቃም እተን መፅረይ ንቆርበትካ ብማይ ኣይትሕፀብ፤ ወይካዓ ገለ ዓይነት ቅብኣት ወይ መሐለይ ፅባቕ/ሜክኦፕ ኣይትጠቀም።
- ቆርበትካ ካብ 1 ክሳብ 2 ደቓይቓ ምሉእ ብምሉእ ክሳብ ዝነቅጽ ተጣባቂ ኮይኑ ክስምዓካ ይኸእል። ቆርበትካ ብኣየር ክነቅጽ ግበሮ ድሕሪኡ ጽሩይ ናይ ለይቲ ክዳን ተኸደን።
- ነቲ መንጽሂ ኣብ ሳንዱቕ ጐሓፍ ደርብዮ። ነቶም መንጽሂታት ናብ ትሕቲ ሸቓቕ ኣይተፍሰሶም።

መጥባሕቲ ኣብዝግበረሉ መዓልቲ ንጉሆ

- ሻወር ኣይትውሰድ / ኣይትተሓጸብ፤ ወይ ኣብ ጸጉርኻ ሻምፖ ኣይትግበር።
- 3 ሓደሽቲ ዕሹጋት ናይ ሲ ኤች ጂ /CHG መንፅሂታት ክፈት። ከምቲ ቅድሚ መጥባሕቲ ኣብ ዝግበረሉ ምሽት ዝገበርካዮ “ምድላው ቆርበት ፅርየት ” ዝምልከት መምርሒታት ተኸተል (ገጽ 1 ርእ)።
- ቆርበትካ ምስ ነቐጸ ጽሩይ ክዳን ተኸደን



ንነፍሲ ወከፍ ከባቢ ኣካላት ከምቲ ቁጽሪ ዘለዎ 1 መፅረይ ተጠቐም።

ሕቶታት ?

ሕቶታትኩም ኣገደስቲ እዮም። ሕቶታት ወይ ስክፍታታት እንተዳኣ ዝህልወኩም ኮይኑ ናብ ክሊኒክኩም ደውሉ።

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.

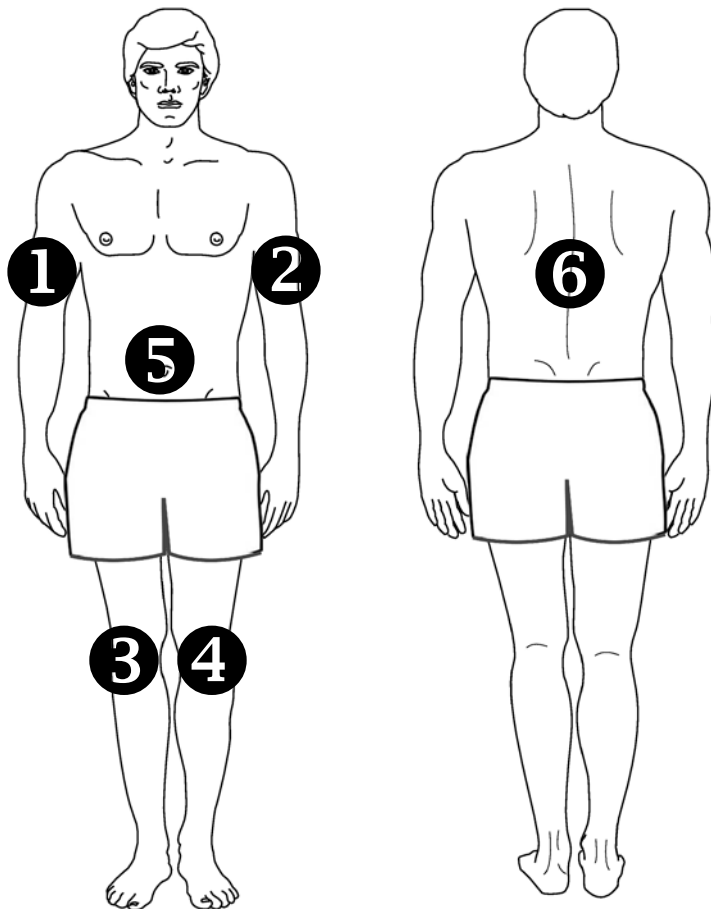
Skin Prep Steps

- 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.