

CHLORHEXIDINE

How to Use This Medicine:

- Some of the chlorhexidine products will be used in a hospital or clinical setting. The medicine will be applied by a nurse or other trained health professional
- You may be instructed to use this medicine at home. Your doctor will tell you how much of this medicine to use and how often. Do not use more medicine or use it more often than your doctor tells you to. To do so may cause irritation of the skin
- Different forms of the medicine are used in different ways. Be sure you understand the directions for the product you are given before you use it. Ask your doctor or pharmacist if you have any questions
- Follow your doctor's instructions about how to clean and care for your skin before and after you use this medicine. Make sure you understand all of the directions, and ask questions if you find something is not clear
- This medicine should only be used on the skin. Do not swallow it or get it in the eyes, ears or nose. Do not use it on the genital area (sex organs) or anal area. If it does get on these areas, rinse it off right away
- To use as a mouth wash: **healthE™ Chlorhexidine 0.2% Mouthwash**
 - This product does not contain alcohol
 - Use diluted ie 10-15ml of mouthwash with 10-15ml of warm water
 - Rinse or gargle for one to two minutes, then expel
 - Use up to three times a day or as directed by your doctor, dentist or health professional
- To clean hands: **healthE™ Chlorhexidine 1% Hand Rub w/ 70% Ethanol**
 - This product contains large amounts of alcohol (70%) and is flammable. Apply the product in a well-ventilated place and do not use it while you are smoking
 - Wash your hands with soap and water
 - Dry your hands with a towel. Rub the hands for 15 seconds
 - Apply 1 to 2 pumps (4cc) of **Hand Rub** into your cupped hands. Rub the hands together for 15 seconds. Make sure to apply the **Hand Rub** between your fingers. The **Hand Rub** will dry quickly. **DO NOT** use a towel for drying

HOSPITAL USE ONLY:

- For gynecological use: **healthE™ Chlorhexidine 1% Obstetric Cream**
 - For disinfection and lubrication during gynaecological and obstetric procedures or childbirth
- To use before surgery or an injection: **healthE™ Chlorhexidine 0.5% or 2% in Alcohol 70% (pink or red)**
 - This product contains large amounts of alcohol (70%) and is flammable
 - Using a sterile swabstick applicator, apply on the skin with the flat side against the skin. Use a back and forth motion for 30 seconds
 - Make sure the skin is completely wet. Let the skin air dry for four minutes. Do not use a towel for drying
 - Do not cover the treated area until the skin is completely dry
- To clean the skin or a wound: **healthE™ Chlorhexidine 4% Solution**
 - This product does not contain alcohol
 - Rinse the area to be cleaned with water. Apply the smallest amount of liquid needed to cover the skin or wound area and wash gently. Thoroughly rinse the area again with water
- To clean skin before surgery or procedure: **healthE™ Chlorhexidine 4% Pre-Op Wash**
 - This product does not contain alcohol
 - In a foaming emollient base
 - Use on the day before and the day of the operation / procedure
 - Should be applied and lathered all over the body
 - Pay special attention to skin folds and crevices; hair and hairy areas; nose, navel and proposed operating area
 - Dry with clean dry towel
 - Ensure clean garments are then worn

How to Store and Dispose of This Medicine:

- Store the medicine in a closed container at room temperature, away from heat, moisture, and direct light. Do not freeze
- The products contain large amounts of alcohol (70%) and are flammable. Do not store them near a flame, heater, or electrical device

Warnings While Using This Medicine:

- Make sure your doctor knows if you are pregnant or breastfeeding. Tell your doctor if you have had an allergic reaction to a topical antibacterial medicine in the past
- This medicine may cause serious and permanent injury when placed in the eyes or ears. Carefully follow all instructions before using this medicine to prevent these serious side effects
- Some antibacterial skin medicines may cause discoloration of the skin, hair, or nails. Ask your doctor about this if you have any concerns

- This medicine may stain clothing. These stains may not be removed by washing. Use only non-chlorine products to wash or bleach fabrics exposed to this medicine. Follow the directions on the package about washing these fabrics
- The products contain large amounts of alcohol (70%) and are flammable. Do not use them or store them near a flame, heater, or electrical device. Do not use the medicine while you are smoking. Apply the medicine in a well-ventilated place
- Do not use this medicine for a skin problem that has not been checked by your doctor

Possible Side Effects While Using This Medicine:

Call your doctor right away if you notice any of these side effects:

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing
- New or worsening skin rash, redness, burning, itching, or swelling in the area where the medicine is applied.

When This Medicine Should Not Be Used:

You should not use this medicine if you have had an allergic reaction to chlorhexidine or isopropyl alcohol. This medicine should not be used for an extended period of time on large areas of your body. Do not use the medicine in your eyes, ears, or on the genital area. This medicine should not be used on a baby unless your doctor tells you to

As of the date of preparation of this document, the foregoing information is believed to be accurate and is provided in good faith. However, no warranty or representation with respect to such information is intended or given.