



## Chlorhexidine Gluconate (CHG) Oral Rinse Application - Instructions

Thank you for participating in the SHIELD study! If you have any questions, please call our lab at 608-263-6962.

Use the CHG oral rinse four times per day. We recommend that you use after brushing your teeth in the morning, twice during the day, and after brushing your teeth in the evening. If you are on shift, please use the oral rinse after any meals you eat while working, as part of your four daily uses.

### Using the CHG Oral Rinse

1. For each use, dispense 15 mL of the provided undiluted CHG oral rinse product into the provided measuring cup. Close the bottle tightly after dispensing the oral rinse.



**CHG Bottle**



**CHG in provided measuring cup**

2. Rinse and Spit. Vigorously swish the oral rinse around your mouth for 30 seconds and then spit out into sink. **Do not swallow** the oral rinse. Do not rinse your mouth with water or other mouthwash directly after using CHG rinse.
3. Clean measuring cup with water and soap, and dry thoroughly between use.

If you experience a mild reaction when applying the CHG, please fill out the study Adverse Event (AE) form. If you experience a moderate or severe reaction, please discontinue use, fill out the AE form, and contact the study coordinator Kendra Haight at (608) 262-6560. Seek medical attention if needed.

Upon your completion of the intervention phase, please dispose of additional product by flushing the oral rinse down a drain with large amounts of water.