	文件類別	衛教單張	文件編號	3-063-074		
			版次	1	頁次	Page 1 of 3
	文件名稱	居家個人衛生-會陰清潔及沖洗(英文版)	制定日期	2017/06/15		
			修訂日期			

## 居家個人衛生-會陰清潔及沖洗

### Home personal hygiene-perineum cleanses and washing

*維持個案外陰部的清潔、去除異味、預防感染、促進舒適。*

*Maintain Patient the cleanliness of external genitals, eliminate bad smell, prevent infection, and promote comfortable.*

#### 一、原則及注意事項：

1. 個案可以下床，應每日淋浴或盆浴；若個案無法下床，則進行床上擦澡後再做會陰清潔及沖洗。
2. 應注意水溫、隱私、安全、注意保暖並預防跌倒。
3. 無法維持適當姿勢者，可請家屬協助固定雙腳。

#### 一、Principle and note:

1. If patient can get off the bed, he/she should take shower or tub bath every day; on the contrary, he/she can take a sponge bath on bed. Then clean and rinse the perineum.
2. Notice water temperature, privacy, safety, keep warm, and prevent to fall down.
3. If patient can't keep the suitable posture, family can help to secure his/her feet.

#### 二、準備用物:


溫水(41-43°C)、無菌沖洗棉花棒、沖洗尿壺、床上便盆、看護墊、清潔手套、衛生紙

#### 二、Preparation and needed items:

Warm water (41-43 degree Celsius), germ-free cotton swabs, rinse-urinal, bed pan, nursing mat, clean gloves, and tissues.

#### 三、方法：

1. 執行者先徹底洗淨雙手。
2. 準備用物。協助個案平躺，脫去褲子或尿褲。臀下鋪看護墊，並放妥床上便盆。
3. 協助個案採取適當姿勢：女性採屈膝仰臥式，男性採平躺雙腳微張開。
4. 取出無菌沖洗棉花棒。以靠近床頭之手持沖洗壺及無菌沖洗棉花棒。

	文件類別	衛教單張	文件編號			
			3-063-074			
	文件名稱	居家個人衛生-會陰清潔及沖洗(英文版)	版次	1	頁次	Page 2 of 3
			制定日期	2017/06/15		
		修訂日期				

### 5. 沖洗方法:

女性：將溫水緩緩沖洗會陰部，同時以另一隻手持沖洗棉棒分別擦拭依序：外陰部→大陰唇→小陰唇→尿道口→陰道口→肛門區。再以乾沖洗棉棒擦拭外陰部及肛門區。

男性：將陰莖提起→若有包皮須小心地將包皮往後推，露出尿道口→將溫水由尿道口向陰莖幹沖洗→以沖洗棉棒由尿道往外向陰莖幹做環狀擦拭→沖洗陰囊及肛門區→以乾沖洗棉棒擦拭陰莖、陰囊及肛門區。

6. 溫水沖洗至會陰部乾淨為止。無菌沖洗棉棒擦拭方向須由上而下，一支棉棒只能使用一次。

7. 去除床上便盆，並用衛生紙擦乾臀部，並脫去清潔手套。

8. 協助個案穿好褲子或尿褲。

### 三、Procedure:


1. Wash your hands thoroughly.
2. Prepare needed items. Help patient to lie flat, and take off his/her pants or diapers. Place nursing mat under the breech, and bed pan.
3. Help the patient in a suitable posture: female take a bend knees and supine position; male take a horizontal position and open feet slightly.
4. Take up the germ-free cotton swabs. Use the hand which besides the bed to hold the rinse-urinal and germ-free cotton swabs.

### 5. Washing procedure:

Female : warm water to wash perineum slowly, and use the other hand to wipe by using cotton swabs : external genitals→labia major→labia minor→urethral orifice→vaginal orifice→anal region.

Male : Raise the penis→push the prepuce back carefully if there is prepuce, and reveal the urethra orifice→use warm water to wash from urethral orifice to penis→use cotton swabs to wipe from urethral out to penis in a circle way→wash scrotum and anal region→wipe the penis, scrotum and anal region by using dry cotton swabs.

6. Wash perineum with warm water until it is clean. The direction of wiping way is up to down, and use only once for each swap.
7. Take away bed pan, and dry up the breech by using tissues. Then take off the gloves.

	文件類別	衛教單張	文件編號	3-063-074		
			版次	1	頁次	Page 3 of 3
	文件名稱	居家個人衛生-會陰 清潔及沖洗(英文版)	制定日期	2017/06/15		
			修訂日期			

8. Help patient to put on pants or diapers.

以上資料來源自台灣長期照護專業協會，  
若您對以上內容有任何疑問時，請洽詢護理人員。