PURPOSE:
To cleanse the perineal area, minimize irritation and infection, and promote comfort.

CONSIDERATIONS:
1. To prevent contamination, wipe toward the anus.
2. Scrubbing motion should be avoided to prevent infection and/or irritation.

EQUIPMENT:
Small container with warm water
Clean wash cloth(s)
Towel
Bedpan
Pad to protect bed (may be thick towel on a piece of plastic)
Gloves
Apron or gown (optional)
Incontinence supplies (optional)

PROCEDURE:
1. Adhere to Standard Precautions.
2. Explain procedure to patient.
3. Place protective pad under the patient’s buttocks.
4. Place patient on bedpan with legs bent and separated, feet flat on bed. Drape sheet over patient for privacy and warmth.
5. Fill small container with warm water. Check the water temperature and have the patient test to comfort level. Pour warm solution slowly over the perineal area.
6. Wash perineum with soap and water. Use a clean area of the washcloth for each stroke.
   a. Circumcised male: start on side closest to you, cleanse area using a downward stroke beginning at the tip and moving toward the anus.
   b. Uncircumcised male: retract foreskin gently to expose tip of penis, cleanse tip of penis, and then cleanse rest of penis in a downward motion.
7. Rinse by pouring warm water slowly over the perineal area.
   a. Circumcised male: start on side closest to you, rinse area using a downward stroke beginning at the tip and moving toward the anus.
   b. Uncircumcised male: foreskin retracted and tip of penis exposed, rinse tip of penis, and rinse rest of penis in a downward motion.
8. Remove patient from bedpan.
9. Pat area dry with towel. If patient is not circumcised, dry tip of penis well and then replace foreskin over the tip of the penis. Turn patient on their side and dry back area.
11. Empty and clean bedpan.
12. Return equipment to designated area.
13. Discard soiled supplies in appropriate containers.

AFTER CARE:
1. Document in patient's record:
   a. Patient’s response to procedure.
   b. Drainage, if present.
   c. Appearance of skin.
   d. Odor.
   e. Complaints of tenderness or pain.
2. Report any change in condition to supervisor.

REFERENCE: