

Changing Soiled Underwear, Disposable Training Pants, and Clothing Steps



1. Before bringing the child to the changing area, perform hand hygiene and gather all supplies. Place them near, but not on, the changing surface to minimize contamination. Determine whether to change the child lying down or standing up.
 - Put gloves on (recommended) before handling soiled items.
 - Place paper liner on surface or floor.
 - Bring the child to the changing area, keeping soiled clothing away from you.



2. Remove clothing as needed in order to avoid contaminating these items with contents of soiled underwear or training pants.
 - If child is standing, remove shoes/socks have him/her hold shirt, sweater, etc., up above the waist during the change.
 - If removing disposable training pants, pull the sides apart, rather than sliding the garment down the child's legs.
 - Place soiled clothes in plastic bag.
 - If shoes are soiled, they must be washed and sanitized before putting them back on the child.



3. Clean the child's skin and check for spills.
 - Lift the child's legs as needed to clean genitalia and buttocks.
 - Using a fresh wipe with every swipe, clean from front to back.
 - Place soiled wipes and disposable training pants into a plastic-lined, hands-free, covered can.
 - If changing paper is soiled, fold over to make a clean surface.
 - If gloves were used, remove them using the proper technique.
 - Use a fresh wipe to wipe your hands and another for the child's hands.



4. Put on clean disposable training pants or clean underwear and clothing, if necessary.

5. Wash the child's hands and return the child to a supervised area.

6. Clean and disinfect the changing surface.



- Dispose of the paper liner (if used) in a plastic-lined, hands-free, covered can.
- If clothing was soiled, securely tie the plastic bag used to store the clothing and send the bag home.
- Clean changing surface with soap and water solution, rinse and dry.
- Thoroughly cover changing surface with EPA-approved disinfecting solution following manufacturer's instructions for use.



7. Perform hand hygiene and then record what was in the disposable training pants or underwear and any problems and log as necessary.

Source: *CCHC 10-30-23