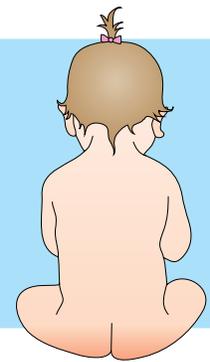


# Preventing Diaper Rashes

This pamphlet is meant to help you learn what you can do to help prevent diaper rash.

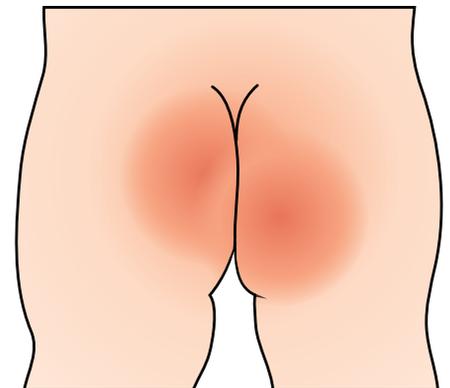


Your child is receiving medication (antibiotics, diuretics, chemotherapy) that may make your child urinate more and/or have loose stool (diarrhea). This may put your child at a higher chance of getting a diaper rash. Additionally, some medications (like chemotherapy) go everywhere in the body including urine and stools. The urine and stools mixed with chemotherapy will also put your child at a higher chance of getting a diaper rash. **You can help prevent diaper rashes by changing your child's diaper approximately every 2 hours and using a barrier cream.** It will coat the skin and protect it from moisture, contact with stool and other irritants such as the medicine in your baby's body fluids.

There are many different barrier creams that can help prevent diaper rash. We recommend that you use one that does not have medication or perfume (scent). The cream you choose should go on easily and you should be able to remove it without rubbing the skin. Pastes and ointments that contain petroleum and/or zinc oxide are better barriers than creams and lotions.

## What is diaper rash?

Diaper rash (dermatitis) is one of the most common skin problems in children. It is caused by contact with something that irritates the skin. This can be urine, stool, increased moisture (sweat), increased friction (rubbing of the skin), soap (detergent) from poorly rinsed cloth diapers, and chemicals (alcohol) in disposables wipes. Diaper rashes can become infected.



## Why does your child have a higher chance of getting a diaper rash?

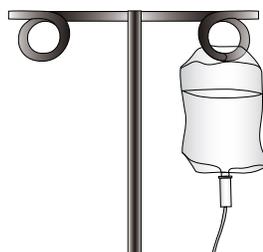
Their urine and stool contains the medication they are taking (such as chemotherapy) that can irritate the skin.



They may have loose stool (diarrhea) because of the medication they are taking.



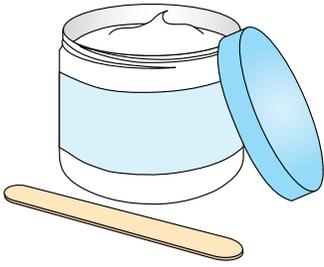
They are getting more fluids (such as intravenous fluids) because of the medication they are taking.



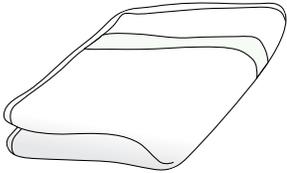
They are sleeping more and moving around less because they are tired. Sometimes this is a side effect of the medications they are taking.



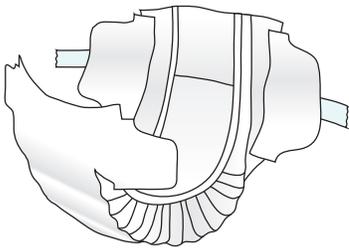
## Equipment required to change a diaper and bath your child:



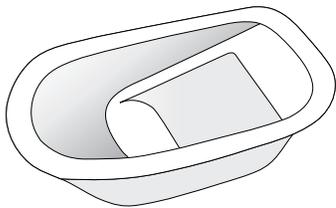
**Barrier cream.** There are many different barrier creams that can help prevent diaper rash. We recommend that you use one that does not have medicine or perfume (scent). The cream you choose should go on easily and you should be able to remove without rubbing the skin. Pastes and ointments that contain petroleum and/or zinc oxide are better barriers than creams and lotions.



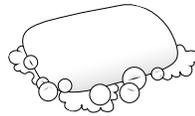
**A clean, soft washcloth for every diaper change.** We do not recommend using disposable wipes. They contain chemicals (alcohol) that can irritate your child's skin. Use only alcohol-free/ fragrance-free wipes on healthy skin when soap and water are not available.



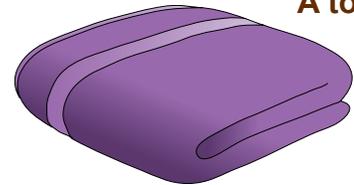
**Non scented disposable diaper.** Cloth diapers with plastic underpants are generally less absorbent.



**For bathing:  
Wash basin  
or baby bathtub**



**Mild soap**



**A towel**

**Whenever possible, take off the diaper and let your child's skin be exposed to air.**

**Frequent bathing is not recommended because it dries out your child's skin.**

**Call your primary nurse at \_\_\_\_\_ if you notice:**

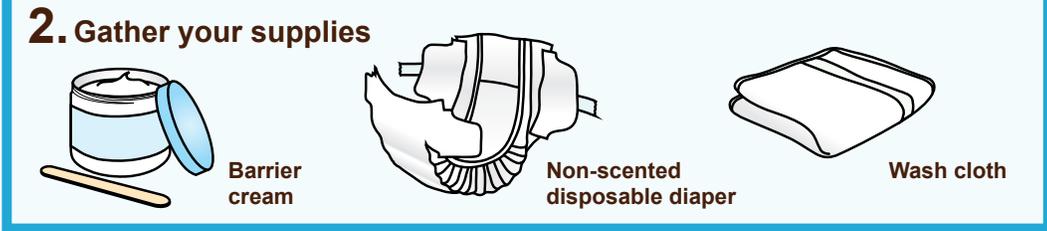
- **Diaper rash is on a large area and has one or more blisters that are weepy**
- **Any other type of rash:**
  - Red rash with bumps that may contain pus
  - Skin that is scaly
  - The skin looks worse



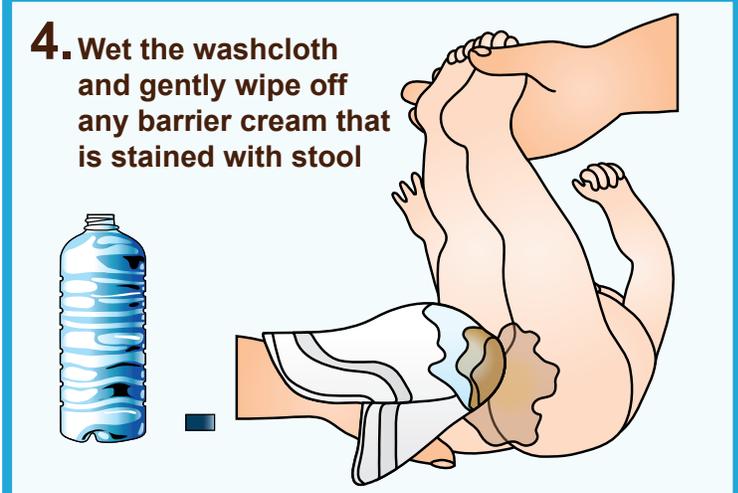
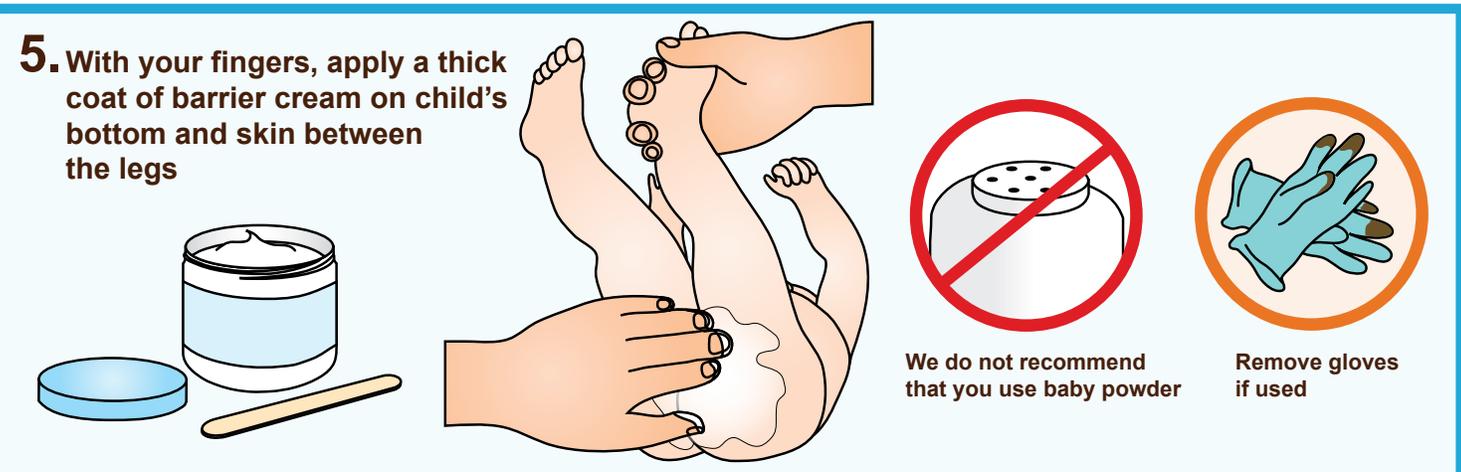
# How to change your child's diaper

You should change your child's diaper at least every 2 hours or more often as needed.

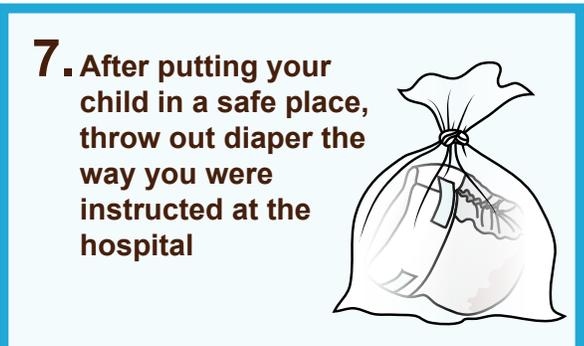
- 1. Wash your hands**  

- 2. Gather your supplies**  


Barrier cream      Non-scented disposable diaper      Wash cloth
- 3. Remove the diaper**  


Use gloves if your child is on chemotherapy
- 4. Wet the washcloth and gently wipe off any barrier cream that is stained with stool**  

- 5. With your fingers, apply a thick coat of barrier cream on child's bottom and skin between the legs**  


We do not recommend that you use baby powder      Remove gloves if used
- 6. Put on a new diaper**  

- 7. After putting your child in a safe place, throw out diaper the way you were instructed at the hospital**  

- 8. End by washing your hands carefully**  

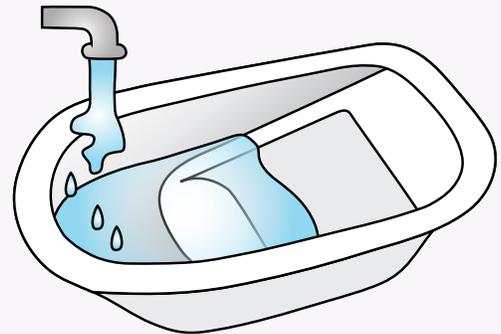

# How to bath your child

Once or twice a day, completely remove the entire barrier cream layer and inspect your child's bottom and between their legs.

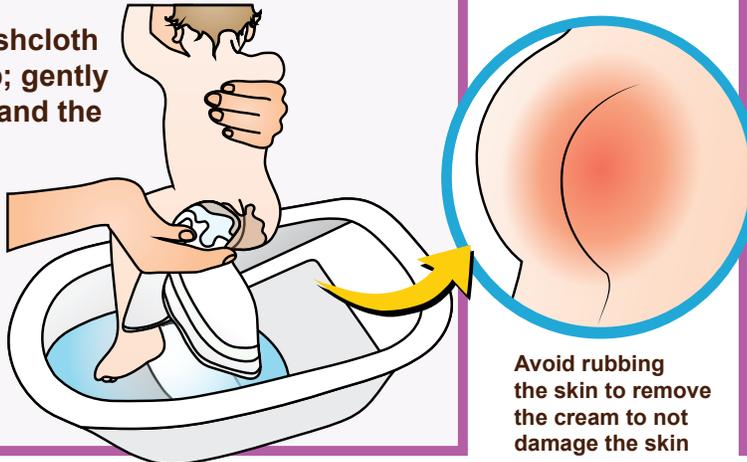
## 1. Gather your supplies



## 2. Put lukewarm water (avoid hot) in a basin or in baby bathtub



## 3. Use a soft washcloth and mild soap; gently remove stool and the barrier cream



## 4. Pat the skin dry with a towel. Do not rub or irritate the skin



## 5. With your fingers, apply a thick coat of barrier cream on child's bottom and skin between the legs



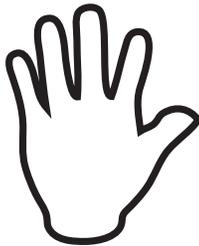
## 6. Put on a new diaper



Developed by clinicians at the Montreal Children's Hospital including:  
Anne Choquette, Clinical Nurse Specialist, Hematology-Oncology  
Anelise Espirito Santo, Clinical Research Nurse, Hematology-Oncology  
Nursing Practice Development and Quality Management (NPDQM) committee

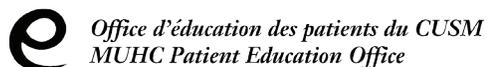
We would like to recognize the MUHC Patient Education Office and the McGill Molson Medical Informatics for their support throughout the development of this document, the design and layout, as well as for the creation of all the images.

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## IMPORTANT: PLEASE READ

Information provided in the preceding pages is for educational purposes. It is not intended to replace the advice or instruction of a professional health care practitioner, or to substitute medical care. Contact a qualified health care practitioner if you have any questions concerning your care.



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