

# Training Materials: Aseptic Gowning

## 1.1 Memo

Proper gowning is critical in sterile compounding environments to prevent contamination and ensure product safety. Contaminants such as microorganisms, particles, and chemicals from the environment or personnel can compromise compounded medications, posing serious risks to patient health. Adhering to strict gowning procedures helps maintain sterility, comply with regulatory standards (e.g., USP <797>), and uphold the integrity of pharmaceutical preparations.



# Training Materials: Aseptic Gowning

## 1.2 Gowning Up

Below is a detailed Standard Operating Procedure (SOP) for Aseptic Gowning. Before proceeding, ensure you are familiar with **Section 1.3: Aseptic Hand Washing**, as this section is referenced multiple times throughout the process.

**NOTICE:** Clean hands with 70% Isopropyl Alcohol hand sanitizing foam before applying garments except for step 6.

### Step 1: Initial Hand Hygiene

- Perform an initial round of aseptic hand washing down to the wrists with 70% Isopropyl Alcohol & dry hands with a disposable towel.
- All personal items (jewelry, watches, makeup) should be removed.

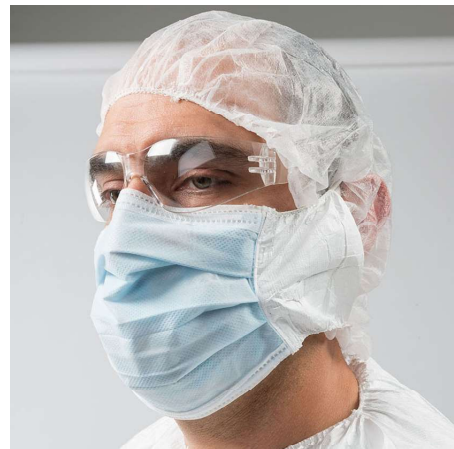
### Step 2: Shoe Covers

- Place shoe covers over both feet, ensuring full coverage.
- Do not touch the floor with uncovered feet.



### Step 3: Hair Covers & Face Mask

- Fully cover hair, including ears.
- If applicable, use a separate beard cover.
- Cover both nose and mouth completely.
- Adjust straps to fit securely.
- Straps should meet on the back of the head, at the top.



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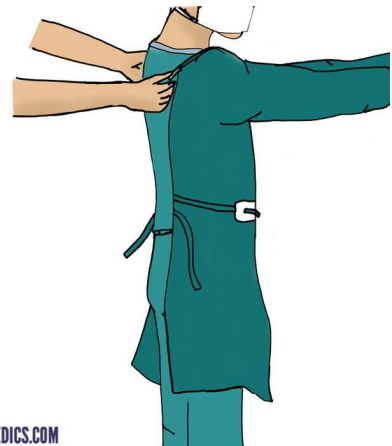
## Step 4: Full Aseptic Hand Washing

- Perform aseptic hand washing again, this time using a **Surgical Scrub Brush/ Sponge with Nail Cleaner**.
- Use the provided plastic pick to remove debris from hands and nails.
- Wet hands and apply antimicrobial soap.
- Lather and scrub hands, including fingertips and under nails with the rough side of the surgical scrub brush.
- **Scrub forearms up to the elbows** with surgical scrub brush.
- Rinse and wipe thoroughly with sterile water and the smooth side of the surgical scrub brush.
- Dry hands using a disposable towel.



## Step 5: Gown

- Open the gown packaging without contaminating the inner surface.
- Insert arms into sleeves and secure the gown at the back.
- Avoid touching external surfaces unnecessarily.



## Step 6: Gloves

- Open sterile glove packaging carefully.
- Use an aseptic technique to don gloves without contaminating them.
- Ensure gloves extend over the gown cuffs to maintain sterility.
- Disinfect gloves with sterile alcohol spray before compounding.



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## 1.3 Aseptic Hand Washing

Below is a detailed Standard Operating Procedure (SOP) for Aseptic Hand Washing. Before beginning, ensure the following:

- Secure ties out of the way and tie back long hair to prevent contamination of work surfaces and recontamination of hands.
- Remove all hand jewelry, including watches and rings. Rings may be placed on a necklace, provided the necklace remains securely tucked within the gown.
- Keep fingernails trimmed short to prevent debris buildup and file them smooth to avoid tearing or puncturing sterile gloves.
- Fake nails and extensions are strictly prohibited, as they can harbor contaminants and make it difficult to ensure proper hand cleanliness.

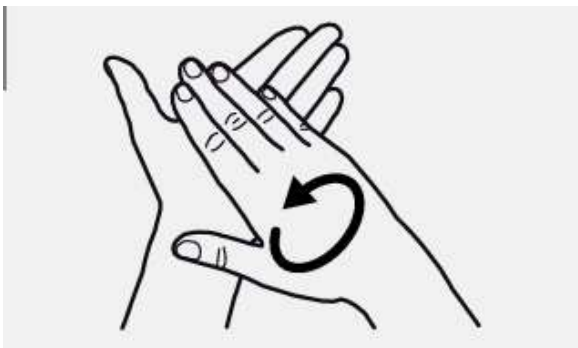
**NOTE:** Hands must be washed when visibly soiled. Otherwise, hand rubbing with 70% isopropyl alcohol is acceptable **UNLESS** specified otherwise.

### Step 1: Preparation

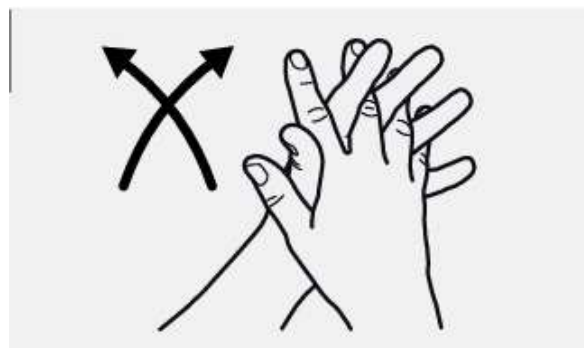
- Remove visible debris from hands and nails; then
- Wet hands and apply antimicrobial soap;
- or apply enough alcohol-based hand rub to cover all hand surfaces
- Aseptic gowning makes use of BOTH methods of cleaning.

### Step 2: Scrubbing

- Scrub hands with all 6 standard hand washing motions depicted.

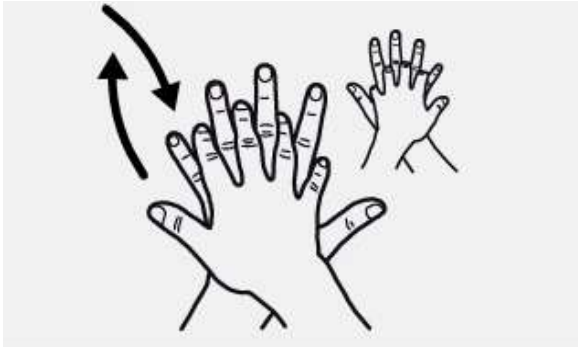


Rub hands palm to palm;

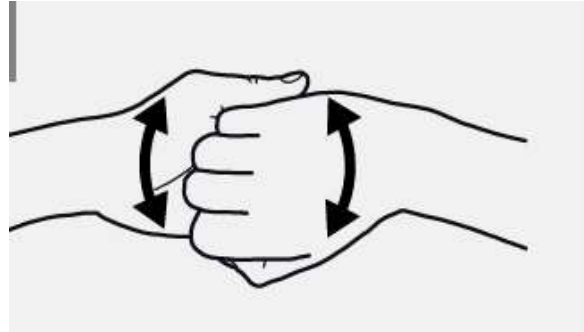


Palm to palm with fingers interlaced;

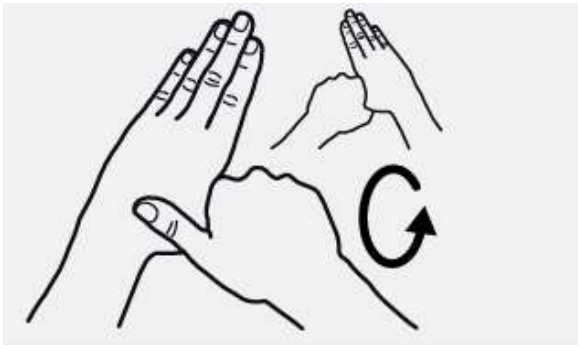
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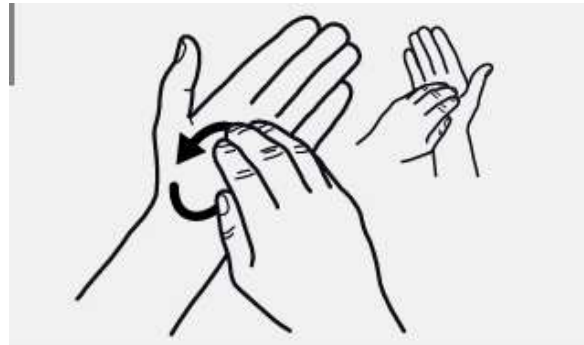
Right palm over left dorsum with interlaced fingers & vice versa;



Backs of fingers to opposing palms with fingers interlocked;



Rotational Rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

- This process should take no less than 30 seconds.

## Step 3: Gloves & Aftercare

- Wait until hands dry completely to apply gloves.
- Use lotion daily to protect your hands.



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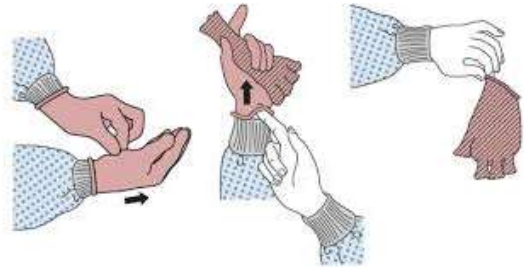
## 1.4 Removing the Gown

Below is a detailed Standard Operating Procedure (SOP) for removing gowns following Aseptic Gowning.

Personal Protective Equipment (PPE) must be treated as a potential biohazard. When removing each item, avoid touching external surfaces. Fold garments inward so the internal surfaces remain exposed during disposal. Perform hand hygiene after removing each item to maintain aseptic conditions.

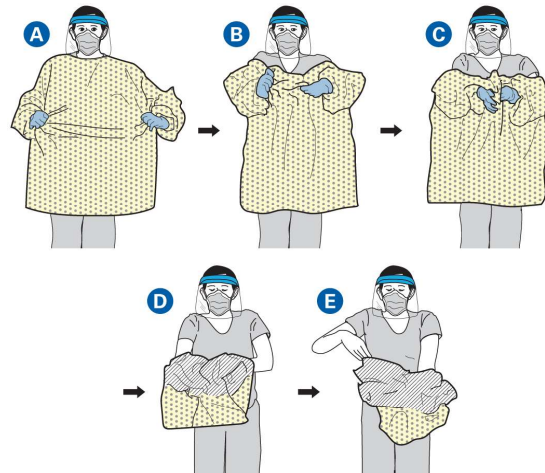
### Step 1: Gloves

- Grasp the outside of one glove and peel it off inside out.
- Use the gloved hand to remove the other glove without touching the outside.



### Step 2: Gown

- Unfasten ties without touching the outer surface.
- Fold the gown inward and dispose of it properly.



### Step 3: The Rest of It

- Remove face mask, hair cover, and shoe covers.