

Sitz Bath Instructions

Your doctor has recommended a sitz bath to help soothe and heal your rectal or perineal areas. For women, the perineal area is between the vagina and the rectum. The sitz bath will also help clean and heal this area. You may use your bathtub, or a portable unit (available at most pharmacies). Take sitz baths 2 to 3 times per day.

Using Your Bathtub

1. Wash your hands.
2. Fill the bathtub with 5 inches of warm water. Test the water temperature for comfort before sitting in the water. Add 5 tablespoons of baking soda to the water.
3. Sit down and remain in the sitz bath until the water becomes cool (5 to 10 minutes).
4. Pat dry with a towel or use a blow dryer on the cool setting.
5. As directed by your nurse, apply a very thin layer of Aquaphor® ointment or other approved cream to the area. You may purchase Aquaphor over-the-counter at most drug and grocery stores.

Using a Portable Sitz Bath Kit

1. Wash your hands.
2. Fill the solution bag with warm water. Be sure to test the water temperature for comfort (use warm, not hot water) before filling the bag. You may add up to 1 tablespoon of baking soda to the water in the bag.
3. Keeping the clamp closed, connect the tubing to the bottom of the sitz bath pan.
4. Sit down on the bath pan.
5. Release the clamp.
6. Remain on the bath pan until the water becomes cool (5 to 10 minutes).
7. Dry yourself by patting with a towel or use a blow dryer on the cool setting.
8. Apply a very thin layer of Aquaphor ointment or other approved cream to the area. You may purchase Aquaphor over-the-counter at most drug and grocery stores.
9. Rinse the equipment with soap and water and dry it after every use.

Using Moist Compresses

1. Wash your hands.
2. Dissolve no more than 1 tablespoon of baking soda in a bowl of warm water.
3. Soak clean washcloths in the solution and then gently squeeze out excess water.
4. Apply the washcloths to the area of your skin as directed.
5. Leave the washcloths on until cool (about 5 minutes).
6. Repeat steps 2 through 4.
7. Dry yourself with a towel or use a blow dryer on the cool setting.
8. As directed by your nurse, apply a very thin layer of Aquaphor ointment or other approved cream to the area. You may purchase Aquaphor over-the-counter at most drug stores.