

Taking a sitz bath in the bathtub

If you're taking a sitz bath in the bathtub, the first step is to clean the tub. Mix 2 tablespoons of bleach with 1/2 gallon of water. Scrub the bathtub and rinse thoroughly.

1. Fill the tub with 3 to 4 inches of water. The water should be warm but not hot enough to cause burns or discomfort. You can test the temperature of the water by placing a drop or two on your wrist. When you've found a comfortable temperature, add any substances your doctor recommended to the bath.
2. Step into the tub and soak your perineum for 15 to 20 minutes. Bend your knees or, if possible, dangle your legs over the sides of the tub to keep them out of the water altogether.
3. When you get out of the bathtub, gently pat yourself dry with a clean cotton towel. Don't rub or scrub the perineum, as this may cause pain and irritation.
4. Finish by rinsing the bathtub thoroughly.

Taking a sitz bath using a kit

A plastic sitz bath kit fits over the toilet. Many kits come with cleaning instructions and solutions. If your kit doesn't come with those, clean and rinse all materials thoroughly before use.

Once clean, add warm water with any medications or solutions recommended by your doctor. Avoid using water hot enough to burn the skin.

1. Place the sitz bath into the open toilet.
2. Test it by trying to move it from side to side to ensure it will stay in place and won't shift.

3. You can pour warm water in before you sit down, or you can use the plastic bag and tubing to fill the tub with water after you've sat down. The water should be deep enough so that it covers your perineum.
4. Soak for 15 to 20 minutes. Using the plastic bag, you can add warm water as the original water cools. Most sitz baths have a vent that prevents water from overflowing. The water conveniently overflows into the toilet and can be flushed.
5. When you're finished, stand up and pat the area dry with a clean cotton towel. Avoid rubbing or scrubbing the area when you do this.
6. Get the sitz bath ready for its next use by cleaning it thoroughly.

Although there are no guidelines for when to replace your sitz bath, always check it for signs of cracking or weakened areas before and after use.