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Sitz Bath Instructions:

1. A sitz bath can be purchased at many drug store chains for about \$10. You may also find them at hospital pharmacies or medical supply stores. If you will need a sitz bath after surgery or having a baby, ask the staff in the hospital if they can provide you with one before you go home.
2. Prepare the items you will need so they are near at hand from where you will be using the sitz bath.
3. Place the sitz bath over the toilet, ensuring that it fits well and will not shift.
4. Fill the sitz bath with **warm** water. Remember that the water temperature will feel cooler to your hands than it will to the rest of the body.
5. Add salt to the water. 1 tablespoon.
6. Sit in the sitz bath for 10-20 minutes, or as recommended by your doctor.
7. When finished, use a towel to gently pat the affected area dry.
8. Use your sitz bath as often as recommended by your doctor; generally several times a day as needed to ease discomfort.
9. Wash your sitz bath after each use and dry it thoroughly.