

# Having a Sitz Bath at Home

## PATIENT INFORMATION SHEET

### What is a Sitz Bath?

A sitz bath is a soak for the skin in your pelvis area (vagina, scrotum and anus). The skin in these areas can become red, sore, cracked and raw during radiation treatment.

### Why Do I Need to Have a Sitz Bath?

The skin in your pelvis area can become red and sore during treatment for many reasons, including diarrhea, hemorrhoids (swollen veins around your anus), surgery, radiation, and chemotherapy.

- A sitz bath cleans and soothes the skin to lower the risk of infection
- A sitz bath also helps your skin to heal by increasing blood flow in the area

### How Often Should I Have a Sitz Bath?

You should try to take a sitz bath 4 times a day. You can take a sitz bath more or less often than that, depending on your personal comfort. Some people have a sitz bath after each bowel movement if their bottom (anal area) is very sore.

### How Do I Take a Sitz Bath?

There are two ways you can take a sitz bath. You can use your bathtub at home or you can use a plastic basin that fits onto a toilet. You can buy a Sitz bath basin at the hospital pharmacy or at your local drug store.

#### Sitz Bath using Plastic Basin that fits onto Toilet:

1. Fill the plastic sitz bath basin two-thirds full with warm water.
2. Add 2 teaspoons of table salt to the water and swirl the water until the salt is dissolved.
3. Sit down and soak for 10-15 minutes.
4. When finished, gently pat the area dry with a clean towel.

#### Sitz bath using Bathtub:

1. Fill the bathtub with enough warm water to cover your thighs/hips.
2. Add 1/4 cup (75 ml) of table salt and swirl the water until the salt is dissolved.
3. Sit down and soak for 10-15 minutes.
4. When finished, gently pat the area dry with a clean towel.



Image used with permission  
from AM Medical®