

Sitz Bath Instructions

This handout gives you information on how to do a sitz bath. Your radiation therapy treatment may cause irritation to the skin in your perineal area (this includes the anal, vaginal or scrotal areas of your body). A sitz bath helps clean, soothe and heal your irritated skin.

You need to use a sitz bath 3 to 4 times a day for 10 to 15 minutes each time. Continue to do this until the irritation of your skin goes away.

What you need to do your sitz bath

- Your bathtub or a plastic sitz bath basin that you can buy at most pharmacies.
- Warm water.
- Baking soda (sodium bicarbonate) or salt.
- A lint-free towel.

Using your bathtub to do your sitz bath

1. Clean and rinse out your bathtub before you use it.
2. Fill your bathtub with about 6 inches (15 centimeters) of warm water.
3. Add ½ cup (125ml) of baking soda or salt to the water.
4. Stir the water until the baking soda or salt is dissolved.
5. Sit down into the water.
6. Lay back in the tub.
7. Soak in the tub until the water cools (about 10 to 15 minutes)
8. Air-dry the area or gently pat yourself dry with a lint free towel.

Using a sitz bath basin to do your sitz bath

1. Clean the sitz bath with soap and water. Rinse it well before you use it.
2. Fill the basin until it is 2/3 full with warm water.
3. Add 1 tablespoon of baking soda or salt to the water. Stir the water until the baking soda or salt is dissolved.
4. Put the basin under the toilet seat.
5. Sit down into the water (any extra water will flow into your toilet).
6. You should not touch the bottom of the basin when you sit into the water.
7. Soak until the water cools down (about 10 to 15 minutes).
8. Air-dry the area or gently pat yourself dry with lint free towel.

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to www.carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency. Please talk to any member of your healthcare team if you have questions or do not understand any of the information in this handout.

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