

Section: Division of Nursing

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* **PROCEDURE** *

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HACKETTSTOWN COMMUNITY HOSPITAL

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MATERNAL SERVICES

(Scope)

TITLE: SITZ BATH, USE OF

PURPOSE: To outline procedure for using sitz bath to promote tissue healing and comfort.

SUPPORTIVE DATA: Patient with discomfort of episiotomy and/or hemorrhoids will have relief of pain and evidence of healing.

EQUIPMENT LIST:

1. Sitz bath kit
2. Any medication or soap ordered

CONTENT:

PROCEDURE STEPS:

KEY POINTS:

1. Instruct patient to raise toilet seat, fill basin with warm water until ½ to 2/3 full.
2. Place sitz bath on toilet bowl with section marked "front" towards front of bowl.
3. Clamp off tubing to plastic bag about 12" from end
4. Fill plastic bag with very warm water and hang bag on flushing handle of toilet. (105° – 110°). Add any soap or medication as ordered.
5. Place end of tubing through opening at front of sitz bath basin and secure in bottom of basin under "eye" in the bottom of the bath.
6. Instruct patient to unclamp tubing when water starts to cool, letting water from plastic bag flow into bath and overflow into toilet.
7. After sitz bath, basin should be rinsed, dried with paper towels, and stored in plastic bag.
8. For patient's initial bath, nursing personnel should assist in setting it up.
9. Document teaching in patient education.

Water temperature should be as warm as patient can comfortably tolerate.

Bag must be higher than toilet bowl level or lay bag on shelf or sink higher than toilet bowl.

Procedure will take 15-20 minutes as tubing is small and water flows slowly into basin.

Instruct patient not to leave sitz bath on bathroom floor. It may be hung on hook on bathroom door.

Encourage patient use as needed, 2-4 times a day, unless ordered at specific times per provider.