

# Sitz Bath

During radiation treatment, the skin around your anus and genitals may get red and sore. At this time, a member of your Care Team may suggest using a sitz bath. Sitz baths are used to lessen discomfort and itching, soothe the skin, and keep the area clean.

## ***What is a sitz bath?***

A sitz bath is placing your bottom in a small amount of warm water with baking soda a few times a day to heal and clean the area.

## ***How do I take a sitz bath?***

A sitz bath can be done using your bathtub at home or using a plastic sitz bath that fits over a toilet seat. You can buy a plastic sitz bath from a drug store. A large basin could also be used.

## ***Instructions***

1. Wash hands
2. Fill plastic sitz bath two-thirds full with lukewarm water or your bathtub with enough lukewarm water to soak your bottom. Do NOT use hot water.

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## ***Instructions (continued...)***

3. Add at least 1 to 2 tablespoons of baking soda to the lukewarm water (enough to make the water feel silky).  
**Do NOT add bath oils or anything else to the water.**
4. Soak your bottom in the sitz bath for 10-15 minutes.
5. GENTLY pat dry your bottom with a clean, soft towel or allow the area to air dry. You may use a hairdryer on the COOL setting to dry the area. Do NOT rub dry.
6. Clean the plastic sitz bath after each use.

A sitz bath should be done 3-4 times a day and/or after each bowel movement.

If you are having side effects related to your cancer treatment, please contact:

### **Symptom Support Telephone Service**



**During the day:  
Cancer Centre Symptom Support  
705-728-9090 x43333**



**Evenings, weekends and holidays:  
CAREchart 1-877-681-3057**

To cancel or change your appointment, please call 705-728-9090 x43333. Please visit [www.rvh.on.ca](http://www.rvh.on.ca) for the latest information and hours of operation.