

## 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 pain or itching that is not relieved by the sitz baths, please tell your Care Team, or call:**



### **Symptom Support Telephone Service**



#### **During the day:**

Monday – Friday from 8:00 am – 3:30 pm

**Cancer Centre Symptom Support**

**705-728-9090 x79565**



#### **Evenings, weekends and holidays:**

Monday – Friday from 5:00 pm – 8:00 am;  
weekends and holidays 24 hours.

**Bayshore CAREpath 1-877-681-3057**

**To cancel or change your appointment, please call 705-728-9090 x43333, Monday–Friday from 8:00 am–4:00 pm.**