Sitz Bath

A sitz bath is a warm water bath taken in the sitting position that covers only the hips and buttocks. It may be used for either healing or hygiene purposes. The water may contain medication. Sitz baths are often used to relieve pain, itching or muscle spasms. Moist heat will help you heal and relax. Follow these steps carefully:

HOME CARE INSTRUCTIONS

- Fill the bathtub half full with warm water. **Not Too Hot!**
- Sit in the water and open the drain a little.
- Turn on the warm water to keep the tub half full. Keep the water running constantly.
- Soak in the water for 15 to 20 minutes.
- After the sitz bath, blot dry the affected part first.
- Take 3 to 4 sitz baths a day.

SEEK MEDICAL CARE IF:

You get worse instead of better; **stop the sitz baths**.

Document Released: 09/09/2005 Document Re-Released: 01/09/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.