

Sitz bath

Sitz baths are a form of hydrotherapy (water therapy), which increases the blood flow to the pelvis and abdominal area. Perineal hygiene is the primary reason for using this type of bath when the area is tender and inflamed.

A sitz bath may be ordered for your child for any of the following reasons:

- Use at onset of treatment for discomfort and cleanliness;
- Use at any time for any skin reaction in the perineal or perirectal area;
- Discomfort with bowel movements or continuous discomfort related to perineal inflammation, hemorrhoids and radiation-induced diarrhea.
- Sitz baths help lower the risk of infection and aid the healing of skin.

Sitz bath supplies

When your child is an inpatient, the nursing staff will gather these supplies for your child's bath.

- Sitz bath pan
- Package of povidone-iodine liquid
- Bath towel

Sitz bath steps

1. Fill the sitz bath pan half full with water that is warm to your touch.
2. Measure out **5 ml to 10 ml povidone-iodine** from the package. Pour the povidone-iodine into the sitz bath pan. Stir.
3. Help your child sit on the sitz bath pan at least **15 minutes**.
4. Rinse off the povidone-iodine with warm water after the sitz bath is complete.
5. Help your child gently pat the skin dry or expose the area to room air.
6. Helpful Hint: **Do not** use the entire package of povidone-iodine for one sitz bath. Too much povidone-iodine in the bath may cause skin injury.

If you have questions about sitz baths, please talk to your child's nurse or doctor.