

# Bedside Commode:

## Training and safety guidelines

### For your safety

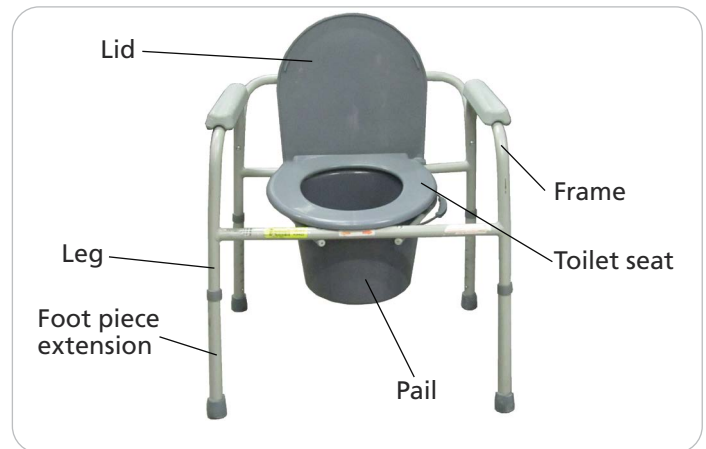
Follow these steps to stay safe while using the bedside commode:

- Have a caregiver help if you have poor balance or cannot stand or sit unsupported.
- Use a commode appropriate for your weight. There are weight limitations printed on the commode. A bariatric commode may need to be used if you weigh more than 250 pounds.
- Make sure the legs are level and in a locked position before using the commode.

### How to set up the commode

Follow these steps to set up the commode:

- 1 Adjust the height to the level of your bended knee by changing the length of the foot piece extensions. To do this, push in the pin found on the lower part of the leg. Pull out or push in the leg until it is the right length. Make sure the pin snaps back into place and protrudes about  $\frac{1}{4}$  inch through the hole after you have made the proper adjustments. All legs should be of the same length.
- 2 Remove the lid from the pail.
- 3 Lift the toilet seat.
- 4 Place the pail into the pail holder on the frame.
- 5 Lower the toilet seat over the pail.



### Cleaning

Make sure to check for broken or damaged parts while you are cleaning the commode.

#### Clean the pail after each use

When cleaning the pail, be sure to:

- 1 Wear protective gloves.
- 2 Empty contents into the toilet.
- 3 Rinse the pail and empty the rinse water into the toilet.
- 4 Use a household cleaner, such as Lysol, to clean the pail. Do not use a toilet bowl cleaner as it may damage the plastic.
- 5 Rinse the pail and empty the rinse water into the toilet.
- 6 Replace the pail onto the commode.
- 7 Remove gloves and wash your hands.

**Clean the frame, seat, and lid weekly or more often when soiled**

Follow these steps:

- 1 Wear protective gloves.
- 2 Wipe the frame and surfaces of the commode with a cloth soaked with a household cleaner, such as Lysol.
- 3 Wipe off the household cleaner with a damp cloth.
- 4 Let the frame, seat, and lid air dry.
- 5 Remove gloves and wash your hands.

**When should I call my doctor?**

- Call Intermountain Homecare & Hospice if you experience any problems with your commode: 1-800-527-1118

**Questions for my doctor**

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