

# Sitz Bath



# Sitz bath

A sitz bath is a shallow bath you sit in with warm water covering your hips. This can help ease side effects caused by radiation therapy, such as:

- › **Vaginitis:** Infection of the vagina that causes discharge, itching, and/or pain
- › **Proctitis:** Inflammation of the rectum that causes blood in the stool (poop)
- › **Perianal skin irritation:** Itching and/or burning of the skin between the genitals and the rectum

## Instructions

1. Thoroughly rinse and clean the bathtub before filling with water to reduce germs.
2. Fill the bathtub with 3 to 4 inches of very warm water (not hot).
3. Add ½ cup of Epsom salt to the water.
4. Lower yourself into the bathtub in a sitting position.
5. Sit on a donut pillow to take pressure off the sore area, if needed.
6. Soak in the bathtub for 15 to 20 minutes.
7. Gently pat the area dry with a clean towel.
8. Repeat several times a day, if needed.



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