

SITZ BATH



Intermountain[®]
Cancer Centers



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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