



Provincial Health Services Authority

Care of Radiation Therapy Side Effects: Sitz Baths

What is a sitz bath?

A sitz bath is a soothing soaking of your bottom (vaginal, scrotal, anal, and perineal areas of the body) in warm water (40-43°C). Add salt to the water. For each litre (4 cups) of water, add 10 mL (2 level teaspoons) of salt.

Why do I need to have a sitz bath?

A sitz bath is recommended for people who have surgery or radiation therapy treatment to their bottom. A sitz bath cleans and soothes irritated, sore skin. It also increases blood circulation to the area, which improves comfort and promotes healing.

How do I take a sitz bath?

There are two ways you can take a sitz bath:

- Use the bath tub at home with enough salt water to cover the affected area
- OR**
- Fill a plastic sitz bath that fits onto your toilet with salt water (most pharmacies sell these). Soak for 10 – 15 minutes. Gently pat the area dry with a soft towel or expose the area to air dry.

How often should I have a sitz bath?

As a general guideline, you can have a 10 - 15 minute sitz bath 4 times a day and/or after each bowel movement (if you want to). Your nurse or doctor can tell you what is best for you.

Notes:
