GREENVILLE HOSPITAL SYSTEM NURSING STAFF POLICY & PROCEDURE
SITZ BATH, DISPOSABLE

POLICY:

Sitz baths, warm or cold, require a physician order.

DESIRE ED OUTCOME:

1. To relieve discomfort
2. To relax local muscles
3. To promote wound healing
4. To cleanse the perineal area

PERSONNEL:

Registered Nurses
Licensed Practical Nurses
Unlicensed assistive personnel
Student nurses during clinical practice

EQUIPMENT:

1. Disposable Sitz Bath Kit
2. Towel
3. Non-sterile gloves

SUPPORTIVE DATA:

Women’s Health Institute/Allen Bennett Hospital Policy and Procedure Manual: Sitz Bath, Ice and Warm

INFECTION CONTROL:

Standard Precautions

PROCEDURE:

Warm, Disposable Sitz Bath:
**STEPS**

1. Identify the patient and explain and/or teach the procedure to the patient.

2. Use hand hygiene. Don gloves.

3. Raise the toilet seat. Add warm water to the specific manufacture fill line on the plastic sitz basin. Place the basin under the commode seat.

4. Clamp the control on the tubing and fill the irrigation bag with warm water that is the same temperature as water in the sitz basin.

5. Suspend the irrigation bag at least 1-2 feet above the bowl.

6. Secure the tubing in the slot on the inside of the bowl, immersing the tip in warm water.

7. Remove any perineal dressings, pads, etc., and inspect the perineal area.

8. Instruct the patient to sit directly on the bath, with the perineum immersed in warm water. (Leave toilet seat raised.)

9. Regulate the flow of water with the clamp to provide a continuous slow flow.

10. Assist the patient to dry and assess site.

11. Wearing gloves, empty, rinse and dry the bowl. Store in the appropriate container and location.

**KEY POINTS**

2. To provide a safe, convenient, comfortable, and private environment for the treatment.

4. To prevent escape of fluid before desired. Fluid cools in the tubing.

5. To provide sufficient height for flow by gravity.

6. To provide for dispersion of warm water throughout the bath.

7. To assess for any problem that needs attention.

8. To prevent strain on perineal midline.

9. To maintain the desired temperature for a 15-minute duration.

11. To prevent bacterial growth and cross-contamination of the bowl.

**Cold Sitz Bath:**

Follow the steps for warm sitz bath set up. Substitute cold tap water in the plastic bowl. Clamp the control tubing on the bag and fill bag with half cold water and half ice.
DOCUMENTATION:

Document on appropriate nursing record the patient's tolerance of the procedure and the appearance of the perineal area.

NOTES:

1. After set-up of equipment and demonstration, the patient may perform this procedure.
2. NursCare 16 (Sitz Bath (ice), Disposable) was combined with NursCare 15 (Sitz Bath, Disposable) in September, 2002.

REFERENCE:


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