

## SITZ BATH INSTRUCTION

Sitz bath is recommended to be performed twice per day (morning and right before bed).

The most common type of sitz bath (Basin) can be purchased online or at most drug or medical supply stores. The plastic device rests on top of your toilet seat and has a cutout so that any water that overflows can spill into the toilet.



### **Instructions:**

- Fill the basin with warm water.
- Soak your hemorrhoid for about 10 – 15 minutes.
- Dab with toilet paper to take off the excess water. Wiping can irritate your hemorrhoid.
- Insert/apply your suppository or hemorrhoid cream.