

SITZ BATH

The sitz bath is an immersion bath with the person seated in a tub with water covering the hips, buttocks, and lower abdomen. It is used to decrease congestion and increase circulation to the pelvic and lower abdominal organs. You can use hot water, cold water, or both.

Indications

HOT Sitz baths: ovarian pain, uterine cramps, testicular pain, prostatic problems, intestinal or renal colic, sciatica, headache

COLD sitz baths: uterine prolapse, cystocoele, rectocoele, constipation, heavy or prolonged menstruation

ALTERNATE hot and cold sitz baths: chronic UTI, pelvic inflammatory disease, haemorrhoids, fissure, post-partum

Contraindications

Do not use if you have: hemorrhages, menorrhagia, prolapse, acute congestion, acute inflammation, painful conditions with spasms or colic, and heart problems.

Caution

In persons with an inability to move with ease and safety, sitz baths should be used only with assistance.

Supplies

Tub	Sheet/ blanket for covering to keep warm
Towels	Hot/ cold water
Bath thermometer	

Directions

Hot sitz bath

Fill tub with water (106-110 F), step into the bath tub and sit in. You can end your bath by pouring cold water over all parts bathed in hot water.

Cold sitz bath

Do the same but use cold water for 3-8 minutes.

Alternate bath

Prepare one tub with hot water at 105-110 F so that it comes ½ inch above your navel. Prepare the other tub with cold water at 45 deg F, and the water comes to ½ inch below your navel. Sit in hot tub for 2-5 minutes. After 3-5 minutes sit in the cold tub for 20-60 seconds. Make 3 complete cycles between the hot and cold tubs (3x hot/ 3x cold). Always start treatment with the hot bath and finish with the cold bath. Dry off completely and rest in bed for at least 30 minutes. Add hot water to the hot tub if the temperature falls below 105 degrees. The greater the contrast between the hot and cold water, the stronger the treatment.