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Alternating 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.

Indications

Sitz baths are used to treat vaginal infections, chronic urinary tract infections, pelvic inflammatory disease, hemorrhoids, fissures, prostatitis, constipation, and for improving insomnia and neuralgias.

Contraindications

Do not use alternating sitz baths in persons with hemorrhages, menorrhagia, prolapses, acute lung 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

2 tubs-bathtub/sitz tub(s)	Sheet/Blanket for covering to keep warm
Towels	Hot water
Bath Thermometer	Cold water

Directions

- ☞ Prepare one tub with hot water at 105-110 degrees F, so that it comes ½ inch above your navel. This temperature is slightly higher than the average hot tub. Do not let the water temperature exceed 120 degrees. Prepare the alternate tub with cold water at 45 degrees F, so that it comes ½ inch below your navel.
- ☞ Sit in hot tub for 2-5 minutes.
- ☞ After 3-5 minutes, sit in cold tub for 20-60 seconds.
- ☞ Make three complete cycles between the hot and cold tubs (3x-hot/3x-cold).
- ☞ Always start treatment with the hot bath and finish treatment 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.

Reference:

Boyle, Wade, ND, and Saine, André, ND, Lectures in Naturopathic Hydrotherapy, (East Palastine, OH: Buckeye Naturopathic Press) 1988.