

Vaginal Wash/Douche/Sitz Bath Instructions

Patient Name _____ Please steam ___ wash ___ soak ___ douche ___

These instructions are for a bulk decoction of about 60 gms or 20 qian. One package is enough for one washing.



We recommend purchasing a sitz bath and/or douche bag which can be purchased online easily or from our clinic. They look like this and are very convenient.



Simmer your herbs in _____ cups of water for _____ minutes. Then strain and save the liquid. _____ If you have a separate package of herbs you can add it to the liquid now and stir it in until it is dissolved. Using a funnel, pour the hot mixture into your douche bag. You can use the bag that comes with the sitz bath above or use a more sturdy douche bag. Place the sitz bath on the toilet seat. Make sure your douche bag is clamped shut. Hang the bag or hold it at about shoulder height. Sit on the seat of the toilet over the sitz bath.

Steaming/Fumigating: Unclamp the douche bag and allow enough hot liquid to flow in so that your vulva and anus are steamed but not so much that it touches your tissues.

Washing: After steaming you can use a wash cloth to gently wash tissues with the liquid.

Soaking: Stand up and unclamp the douche bag. Allow enough liquid into the sitz bath that when you sit, your tissues can soak in it. Make sure the liquid is not too hot but as warm as you can comfortably sit in. Soak for 10-20 minutes while reading a good book.

Douching: For this, you will want to use a commercial douche bag because it comes with a comfortable nozzle. Making sure the liquid is the right temperature, just cool enough so it is not painful at all, insert the douche nozzle into your vagina. Unclamp the douche bag and allow the liquid to pour in gently. If you need more force, raise the bag a bit. Lower to slow the flow and clamp it to stop the flow. If you are just douching, one decoction may last for 2 or 3 douches. You can also douche in the tub with your douche bag.

In one session you can steam, then douche and then allow the liquid to fill the sitz bath and soak if this is what your practitioner recommends.