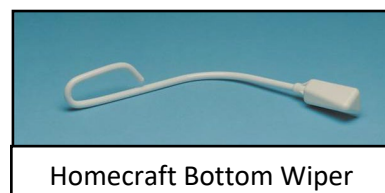


# Cleaning your bottom after toileting

**Some people find wiping their bottom difficult. This may be due to difficulty reaching or holding the toilet paper. Here are some options that may help**

## Wiping your Bottom

Consider trying moist wipes. They may help you get a better clean. There are many brands available. Some are available at supermarkets.



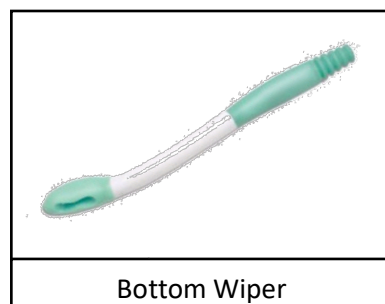
## Bottom wipers

Bottom wipers hold a length of toilet paper and have a handle that gives you more reach.



## Things to Consider:

- How easy is it to put the paper on the wiper?
- Is the wiper comfortable against the bottom area when wiping?
- How do you take the paper off (is there a button to release the paper or do you need to use your hands?)



## Washing your Bottom

There are products to help you wash and dry your bottom after toileting.

Some can also wash your genitals.

### Electronic Bidet Toilet Seats

These can be fitted to your existing toilet and plumbing. They can heat the water. Some have a dryer function.

You need to have a power point near your toilet.

To operate a bidet you need to use buttons and controls. If this is difficult, some bidets can be adapted. For details, contact ILCT.



Electronic Bidet Toilet Seat

### Combined toilet and bidet

These are also known as wash and dry toilets. These toilets have the bidet function built in. Some have large buttons for flush and bidet functions.

They cannot be fitted to an existing toilet. You may need to replace your toilet.



Combined toilet and bidet

### Cold water sprays

These are sprays mounted on the toilet bowl under the seat. They are usually cheaper than warm water sprays and bidets as they do not need hot water or a power point. However, the water is cold and may not be suitable for colder climates.



Cold water spray

## Warm water sprays

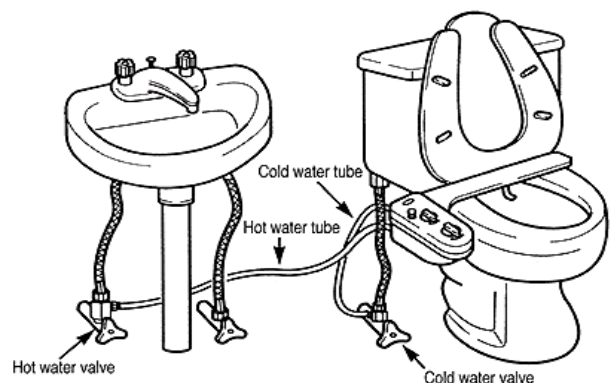
These give you a warm water spray to wash your bottom. These are usually cheaper to buy than electric bidet toilet seats. They are mounted on the toilet.

They do not need a power point near the toilet, however, they need to be connected to hot water. When comparing prices with other options, consider the cost of connecting hot water.

If you have a nearby sink with hot water, you may be able to attach the warm water spray to this plumbing. They are mounted between the existing toilet seat and toilet bowl.

### Things to Consider:

- How long will it take to heat the water?
- Does the product dry your bottom?
- Are the controls easy for you to use?
- What will you do when you go out?
- Can you try one before buying?



Warm water spray set up

## Hand-held portable sprays

These hold water in a bottle, and you can spray the water where needed. They are battery operated and can be carried with you.

You need to be able to hold it in your hand and operate the button.



Hand-held portable bidet

# More information

For further information, or advice, about any item contained in this information sheet, please contact Independent Living Centre Tasmania Inc.(ILCT):

- Call 1300 452 827 to speak to a health professional.
- Visit our website [www.ilct.com.au](http://www.ilct.com.au) or email [info@ilct.com.au](mailto:info@ilct.com.au).
- ILCT visits communities around Tasmania. Contact ILCT to find out when we will be in your area.

ILCT provides Occupational Therapy, Physiotherapy, Speech Pathology, and Allied Health Assistant services, on a fee-for-service basis. Our team delivers comprehensive assessments and support that may include assistive technology, home modifications, communication aids, and other tailored interventions to enhance independence and quality of life.

ILCT specifically provides supports to those aged over 18, who are Tasmanian residents and are of any culturally-diverse background. ILCT are a registered provider under the National Disability Insurance Scheme (NDIS).

Independent Living Centre Tas Inc. (ILCT) acknowledges the generous support of the Tasmanian Government – Department of Health through the Home and Community Care (HACC) Program, and the Australian Government – Department of Health and Aged Care through the My Aged Care – Commonwealth Home Support Programme (CHSP). Their ongoing contributions enable the continued provision of these information sheets and our information services.

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