



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.



Local call 1300 885 886 | info@ilct.com.au | www.ilct.com.au

Launceston, Hobart, Ulverstone

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Wiping your bottom

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



Bottom wipers

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

Things to consider

There are products to help you wash and dry your bottom after toileting. Some can also wash your genitals.

- 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?)
- Is it portable? – Can you take it with you when you go out?

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

These can be fitted to your existing toilet and plumbing. Some have a heated water and drying functions.

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.



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.

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 it 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?
- Can you take it with you when you go out?
- Can you try one before buying?

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.



More Information

For advice about continence management, contact the Statewide Continence Service on 1300 723 143, or the National Continence Helpline on 1800 33 00 66.

For advice about assistive technology and equipment, contact ILCT.

- o Ring 1300 885 886 to speak to a health professional.
- o Visit our website www.ilct.com.au or email ilc@ilct.com.au.
- o Make an appointment to visit one of the displays centers:
Launceston, Hobart, or Ulverstone.
- o ILCT visits communities around Tasmania. Contact us to

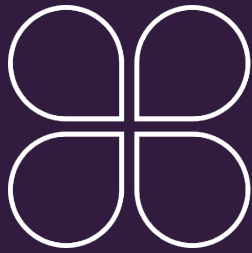


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