

# Bed Pan and Urinal Assistance

## Equipment

- Bed pan/urinal
- Non-sterile gloves
- Peri cloths
- Water
- Basin
- Waterproof pad
- Toilet paper



*Figure 1/urinal*



*Figure 2/bedpan*



*Figure 3/slipperpan*

## **How do I help a person who can raise his buttocks to use a bedpan?**

1. Put on disposable gloves.
2. Place a waterproof pad under the person's buttocks to protect the bed from spills.
3. Raise the head of the bed a little if it is allowed by the healthcare provider.
4. Support the lower back of the person with one hand. With your other hand, place the curved edge of the bedpan under the buttocks of the person.
5. Raise the head of the bed until the person is in a sitting position. Sitting upright makes having a bowel movement or urinating easier.
6. Give the person privacy if possible. If the person is weak, do not leave him alone.
7. When the person is done, lower the head of the bed. Ask the person to raise his buttocks. Support the lower back of the person with one hand. Carefully remove the bedpan with your other hand. Cover the bedpan with a towel and put it on a chair.

## **How do I help a person who cannot raise his buttocks to use a bedpan?**

1. Put on disposable gloves.
2. Roll the person on his side. Put a waterproof pad under the buttocks of the person to protect the bed from spills.
3. Place the bedpan against the buttocks of the person with one hand.
4. While holding the bedpan in place, gently roll the person onto his back and up onto the bedpan.
5. Raise the head of the bed a little if it is allowed by the healthcare provider. Sitting upright makes having a bowel movement or urinating easier.
6. Give the person privacy if possible. If he is weak, do not leave him alone.
7. When the person is done, lower the head of the bed.
8. Roll the person on his side just enough to carefully remove the bedpan.
9. Cover the bedpan with a towel and put it on a chair.

## **How do I clean the person after he uses the bedpan?**

1. Gently roll the person on his side.
2. Clean the buttocks of the person with toilet paper first.
3. Next, use a wet washcloth or wet wipe to clean the area. If necessary, use soap and water to clean the area well. If the person is a female, clean from front to back.
4. Dry the area between the person's legs.
5. Check the skin for redness or sores. Tell the healthcare provider if you see any redness or sores. Use medicine on the sores as directed.

## **How do I help a person use a urinal?**

1. Put on disposable gloves.
2. Ask the person to put the urinal between his legs.

3. Spread the person's legs if he cannot do it himself.
4. If the person is male and needs extra help, place his penis into the opening at the top of the urinal.
5. Position the urinal and hold it gently while the person urinates.
6. When the person is done, carefully remove the urinal.
7. Gently wipe between the person's legs with a damp washcloth. If the person is a female, clean from front to back.
8. Dry the area between the person's legs.

### **What other cleaning needs to be done?**

1. Give the person a damp washcloth or wet wipe to clean his hands after using the bedpan or urinal; or perform pericare if they are not able to do on their own.
2. Take the bedpan or urinal to the bathroom and empty it into the toilet.
3. Clean the bedpan or urinal with soap and water or in the bed pan flusher.