



United Family Healthcare
和睦家医疗

How to Prepare a Potassium Permanganate *Sitz* Bath

- A *Sitz* bath with the disinfecting salt potassium permanganate can relieve lower body discomfort.
- One gram (1g) of potassium permanganate per 10 liters of water.¹
- Using conventional 100mg tablets = 1 tablet per liter of water.



100mg tablets of potassium permanganate and outer packaging

Instructions

Be careful handling this solution as it will permanently stain fabrics and other materials.

1. Use disposable gloves and a disposable tub.
 - The nursing staff may provide you with a paper basin (1 liter) for the *Sitz* bath.
2. Use warm water (boil and allow to cool).
 - Fill the paper basin just short of full.
 - If using your own basin, you may wish to use more water.
3. Add 1 tablet of potassium permanganate per liter of water used.
 - The solution will appear pink or purple in color.
 - Accidentally exposed skin will turn pink or purple. The tint will fade in a few days.
4. Soak the affected area for 5-10 minutes or as directed by your physician.
5. Dry the area with a clean towel that you don't mind changing color.
6. If the solution gets on other areas of your skin, wash with soap and water.²
7. Repeat this process twice a day, about once every 12 hours, unless otherwise directed.

WARNING:

- Do not allow the solution to get in your eyes, mouth, or nose. If accidentally swallowed, please call the hospital and seek medical care. If the eyes are exposed, rinse thoroughly with water for at least 15 minutes and then seek medical care.²
- Keep this medication out of the reach of children.

This information is not a substitute for medical advice.
If you are unsure of the instructions, please speak with your physician.

References:

- 1: Martindale – “Potassium Permanganate” – MICROMEDEX® 2.0 – accessed 2011-8-8
- 2: ToxPoints® Summary – “Potassium Permanganate” – MICROMEDEX® 2.0 – accessed 2011-8-8

SHU-PHM-EDU-0004-E-HD-001