

Hints and Tips for the use of commodes

Important advice:

- > If you are concerned about needing the toilet frequently and it is a change in your normal habit please see your doctor.
- > It is obviously tempting to reduce fluid intake if you find you need the toilet frequently. However please note that reducing the amount of non-alcoholic drinks you consume could cause you medical problems. Please make sure that you drink enough fluids. The recommended daily intake is 2 litres of non-alcoholic drinks.

Considerations when choosing a commode:

- > Remember that commodes need to be emptied regularly; look at the instructions to find out how they are to be emptied and satisfy yourself that you or a carer could empty it.
- > A number of commodes have seats/cushions. Please ensure that you or a carer are able to remove these before use. If your difficulty mainly occurs at night then you could consider leaving the lid/seat off so it can be used more quickly.

Positioning and setting up commode for use:

- > If your difficulty mainly occurs at night then you could consider positioning the commode next to your bed, to make it easier for you.
- > For any height adjustable product, please ensure that you set up your commode so that your hips are at a 90° angle when you are sitting down, as this is the optimum position for standing from and using a commode.
- > If you need to move the commode out of the way and it has wheels/castors, you **MUST** ensure the brakes are ON before using it.
- > For extra stability, position the commode against a wall.

General hints and tips:

- > In order to minimise needing the toilet frequently during the night, do not have a drink within 30 minutes of going to bed and also try to avoid tea and coffee just before bed.
- > Some people have found that wearing clothing that are easy to remove can make it easier when needing to use the toilet.

Other sources of help for related problems:

- > If your difficulty is having to go to the toilet frequently there are particular products to address this problem. However, if for instance your problem is principally about getting out of bed, you should look at specific solutions to that as the problem.
- > If the reason you are experiencing this problem is because you have trouble with the stairs, please first review the problem of getting up/down the stairs to see if this can be addressed in another way.