

# Getting in and out of the bath

This leaflet offers information to guide you getting in and out of the bath. If you have any further questions, please speak to the occupational therapist caring for you.



## Instructions

- 1) Do not sit in the bath as you may feel pain and struggle to get out of it. A bath-board or shower-board allows you to bathe safely while you recover. A hand-held shower head is also helpful.
- 2) When getting into the bath, sit on the side of the bath, move back on the bath-board and swing both your legs over the side.
- 3) To get out of the bath, swing your legs back over the side and stand up, pushing off the side of the bath.
- 4) **Never step over the bath to get in or out.**



You can use a leg lifter to help lift your legs in and out of the bath. For details, please see the leaflet '**Using a leg lifter**'.

## What do I need to do after I go home?

Your occupational therapist will talk to you about using the bath if you have one at home. If you wish to use the bath at home, you are likely to find it uncomfortable trying to sit down in the bath tub. Therefore it is recommended that you use a bath-board. A hand-held shower is also helpful.

### Contact us

If you have any questions or concerns about getting in and out of the bath, please contact the occupational therapy department on **020 7188 4180** (Monday to Friday, 8.30am to 4.30pm).

## Further information

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas'    **t:** 020 7188 8803 at Guy's    **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

**t:** 020 7188 3416

### Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815    **fax:** 020 7188 5953

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

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