

How to get on and off the toilet

This leaflet offers advice about how to get on and off the toilet while you are recovering from your hip operation. If you have any further questions, please speak to the occupational therapist caring for you.

Instructions

The technique for standing up from the toilet is the same as standing up from a chair.

- 1) When sitting on the toilet, position yourself so you can feel the front of the toilet (or rail) on the back of your legs. If you need to, use the rails or arm rests to sit down.
- 2) When getting off the toilet, lean forwards and move to the edge of toilet seat. Once you are standing, push off the toilet seat or use the rails or arm rests for support (if you have these in place).
- 3) **Never use a walking frame for support when getting on or off the toilet as it can easily tip over.**



What do I need to do after I go home?

Your occupational therapist will advise you if you need any equipment at home. If your toilet seat at home is lower than your knees when you stand next to it, the occupational therapist may recommend that you use a raised toilet seat or alternative equipment to reduce discomfort when getting on/off the toilet.

Contact us

If you have any questions or concerns about getting on and off the toilet, 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

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

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