

Assisting with Bedpan Usage



PURPOSE: Provide safety and privacy for an individual using a bedpan.

EQUIPMENT:

- Standard bedpan
- Toiletries to provide sanitation after bedpan use
- Talcum powder, if available
- Gloves

ACTION:

1. Wash your hands. Put on gloves.
2. Ask individual to lie on his/her back with knees bent
3. Provide as much privacy as possible by keeping legs covered with blanket.
4. Sprinkle talcum powder on the edge of the bedpan to make it easier to slide the pan beneath the patient.
5. Ask individual to bend his/her knees and raise their hips while you slide the bedpan under their buttocks with the curved edge of the bedpan toward the back. You may need to assist by slipping your hand under the lower back and lifting slightly.
6. If the individual is unable to do this themselves, then turn the individual onto his/her side facing away from you. Place the bedpan firmly against the buttocks; with the open end toward the feet gently turn the individual back onto the bedpan holding the pan firmly to prevent slipping.
7. Assist the individual to a sitting position on the bedpan, if possible.
8. Once the individual is finished using the bedpan, provide toilet paper to allow them to wipe themselves after urinating or having a bowel movement. If the individual is unable to wipe himself/herself, you will need to wipe and/or wash and dry the individual.

Bedpan Usage *continued*



ACTION: Removing the bedpan

1. Ask the individual to bend his/her knees and raise their buttocks. Assist by slipping your hand under the lower back and lifting slightly as you remove the bedpan. Avoid sliding the bedpan against the individual's skin, if possible.
2. Cover the bedpan with a towel and set it aside.
3. Provide a wet, soapy washcloth (if available) or "wet wipes" to allow the individual to clean his/her hands (assist with this as necessary).
4. Empty contents of the bedpan into the toilet and rinse with cold water to remove all waste/contents (wash with cool, soapy water if possible).
5. Cover the bedpan and keep in designated area out of sight when not in use.
6. Remove gloves. Wash your hands.
7. Use an air freshener, if available, to eliminate offensive odors and minimize embarrassment.

REFERENCE: The American National Red Cross, "Family Caregiving Program: Healthy Eating"; 2004.