

Washing Female Genitals and Anal Area

This is often known as female perineal care

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure the environment is a suitable temperature
- Ensure absolute privacy
- Prepare properly as you would any bathing process

- Cover the client so that only the area between her lower abdomen and upper legs are visible whilst the client lies on their back
- Put a waterproof pad underneath the person to keep the bed, surface dry
- They open their legs slightly and bend their knees
- Start by washing the pubic area down towards the vaginal area.
- With a clean cloth, separate the labia, washing one side at a time in a downwards direction.
- Make sure you rinse the cloth each time, especially when you change sides
- With a clean cloth, wash down the middle over the vaginal area towards the anus
- Using a dry towel or suitable cloth, dry the pubic and vaginal areas using the same sequence
- Check - does the area look healthy or are there any causes for concern?
- Using a clean cloth and fresh warm water, the client having turned onto their side, starting from between their vagina and up towards their anus wash their anal area
- From their buttocks at the lower part of their back wash down towards their anus to clean this part of their anal area
- Check - does the anal area look healthy or are there any causes for concern?
- Using a dry towel or suitable cloth, dry the anal area using the same sequence
- Then remove the waterproof pad, abdomen and leg covering etc. dress the client appropriately and make sure they are comfortable.
- Follow appropriate practices for the disposal of waste, contaminated laundry etc.

