

*These instructions are guidelines only. Use only as instructed by your healthcare provider.*

### What are Commodes Used For?

Commodes are used when it is difficult to travel to the toilet or for support over the toilet. Commodes may come with or without wheels.

### How Do I Install the Commode?

- If the commode is adjustable, adjust the commode to a height appropriate for your size. The commode should be low enough to ensure that your feet touch the floor when sitting on it, but high enough to enable easier sitting and standing.

#### To adjust the height of the legs:

- Depress the spring button on one leg and lengthen or shorten the leg piece to the desired position.
- Ensure that the spring button is fully engaged in the adjustment hole and the leg does not move.
- Adjust the other three legs to the same length (Figure 1), and make sure that the commode sits level.

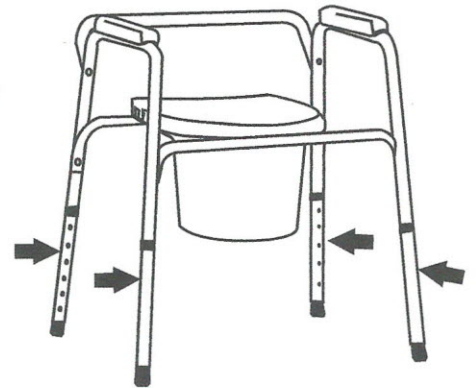


Figure 1: Adjustment areas on commode

**!** **WARNING** Ensure that the spring buttons are fully engaged in the adjustment holes.

### How Do I Use the Commode?

**!** **WARNING** Check to ensure the commode is level and stable before sitting.

**!** **WARNING** The commode seat must be down before sitting on the commode.

**!** **WARNING** If using a wheeled commode, ensure that the brakes are fully locked before use.

#### Sitting Down

- Back up to the commode until you feel the back of your legs touching it.
- Reach back for the armrests. Place both hands firmly on the armrests before sitting on the commode (Figure 2).
- Slowly lower yourself onto the commode by bending your elbows and, if possible, your hips and knees.

#### Standing Up

- Pushing against the armrests, slowly raise yourself from the commode. Bend at the knees if possible.

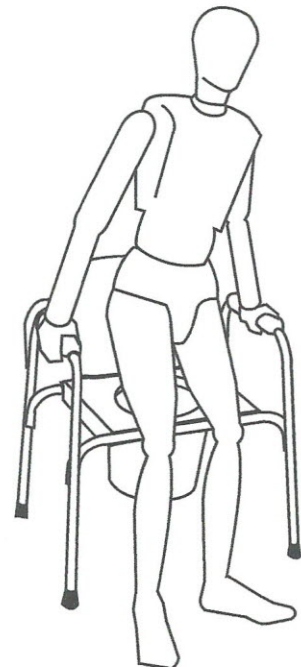


Figure 2: Use armrests when sitting down or standing up

### **Over the Toilet**

- Some commodes can be used over the toilet if the pail is removed.
- Remove pail from commode. The pail may slide from the rear or be lifted out from the top.
- Replace with splash guard, if available.
- Lift lid of toilet. Position commode over toilet with splash guard in bowl.
- Ensure brakes are engaged on wheeled commode, and the commode is stable before sitting.

### **How Do I Care for the Commode?**

- Keeping some water in the bottom of the pail may make emptying and cleaning the pail easier.
- Clean the commode with regular, non-abrasive cleaning products such as mild soap and water.  
Do not use a scouring pad or bleach.
- Check for cracks in pail.