

# How to Clean and Sanitize a Bedside



## Commode Cleaning

Keeping a bedside commode clean and odor free doesn't have to be a chore. Much like your toddler's old potty chair, bedside commodes are relatively easy to clean. All it takes is a pair of disposable gloves, Clorox wipes, and a can of Lysol aerosol spray.

Step 1: Put on a pair of disposable gloves.

Step 2: Place the lid on the waste container and carry with both hands to the bathroom. (For models with a carrying handle, it's a wise practice to support the bucket with one hand in case the handle detaches). Lift up the toilet seat and pour the contents into the toilet.

Step 3: Rinse the bucket with some warm water and pour into the toilet. This will help to remove residual amount of waste.

Step 4: Wipe down the inside of the bucket with Clorox wipes, disposing of the wipes in a separate container. For the frugally minded, a less expensive solution is to make your own cleaning agent by mixing up a pint of warm water with a tablespoons of bleach, which can then be decanted in a spray bottle. Spray the solution directly onto a paper towel which can then be used to wipe down the inside of the waste bucket and the underside of the lid. Take care not to spill any of the solution on your clothes or the bathroom rug!

Step 5: Rinse the waste pail thoroughly with warm water and dry with a clean rag.

Step 6: Spray the inside of the container with Lysol spray, and then place the bucket back under the commode.

Step 7: Throw away the gloves.

Cleaning a bedside commode shouldn't stop with just the waste bucket. Just like the toilet in your own home, the entire commode should be wiped down periodically to prevent odor causing bacteria from smelling up the room. A good rule of thumb is to wipe down the lid, seat, and arm rests after every use with a product like Clorox wipes or another type of disinfectant. Once a week, the entire unit should be cleaned with a damp rag and a disinfectant.

For adult caregivers caring for elderly parents in their own homes, a bedside commode is a vital piece of equipment that can make patient care a little easier. Keeping the bedside commode clean will help prevent the spread of disease and eliminate that embarrassing bad odor.