

Toilet Hygiene

Thorough toilet hygiene is difficult for many individuals with Down syndrome. However, there are several options to increase independence and success with toilet hygiene!

1. **Use pre-moistened wipes.** Be aware that these should not be flushed in a toilet although the label may say 'flushable.'
 - Available at Target, Walmart, Walgreens, CVS, Amazon (usually \$3-7)



2. **Use a Toilet Aid to assist with grasping and reaching.** This may be harder to use in a community setting.
 - Available at Amazon, Walgreens, CVS (usually \$10-30)



3. **Use a bidet attachment or portable bidet.** This may be harder to use in a community setting.
 - Available at Lowes, Home Depot (usually \$25-50)

