

Toilet Transfer

University of
Pittsburgh
Medical Center
Information
for Patients

This sheet is for people who use a walker, cane, or crutches. This sheet will tell you how to safely get on and off a toilet or bedside commode.

Sitting on a toilet

1. Using your walker, cane, or crutches, back up to the toilet or bedside commode until you feel it behind your knees.
2. Keep your weaker leg slightly in front of you.
3. With both hands, reach back to the toilet seat or the rails on the bedside commode. (See picture below.)
4. Slowly lower yourself onto the seat.



Getting up from the toilet

1. To get up, push off from the rails or seat.
2. When you stand, get your balance before reaching for your walker, cane, or crutches.

Safety tips

- **Do not** pull up on your walker. This can cause the walker to tip, and you could fall.
- Adjust the bedside commode to the proper height. Your therapist will tell you how high it should be.
- Check with your doctor before you stop using your bedside commode or other equipment.
- If possible, keep the bedside commode against a wall. This will help keep the commode from moving when you sit on it.
- If you have trouble sitting down or standing up, try leaning forward over your toes when getting up or down. Think of the phrase “nose to toes.” If you have had a total hip replacement, **do not** follow this tip. Follow your precautions.
- Tuck your stronger foot under the commode to stand.
- Once you are standing, be sure you have your balance before reaching for your walker, cane, or crutches.

continued

TOILET TRANSFER

Note: Your therapist may show you different ways to get on and off the toilet or bedside commode, depending on your situation. Follow the instructions you are given.

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