

How to use a shattaf

The hand held bidet sprayer, also known as a shattaf in the Middle East, is a simple but effective cleaning product. It is used all over the world for simplicity in cleaning the anal and/or genital regions, but also because it is cost effective. Many people prefer it rather than spending several hundred pounds on an electronic toilet seat.

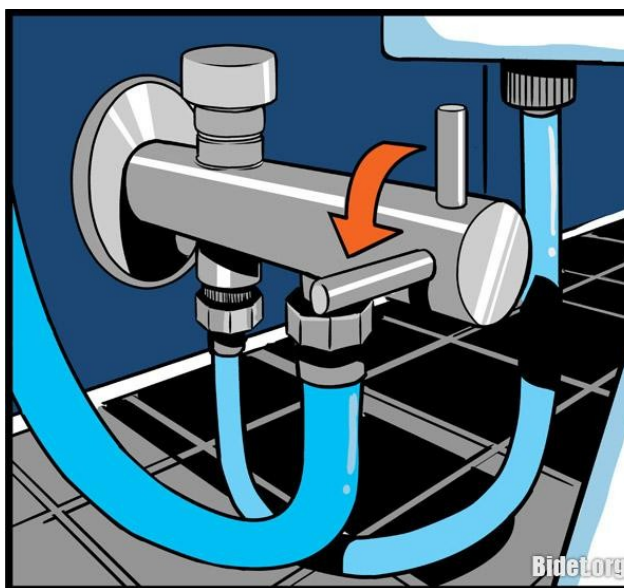
Outside of the Middle East bidets are common in Portugal, Brazil, India, and the Far East. Hand held bidets are extremely popular in Muslim households, and these are often called Muslim showers. The bidet sprayer is gaining popularity in the rest of the world as tourists and travellers try it while away from home and end up loving it.

The setup of the hand held bidet sprayer is rather simple. A T-adapter with shut-off valve is connected to the water line, which connects to the toilet. This splits the line so that it goes to both the toilet and the bidet sprayer. A flexible hose comes off the line to the hand held bidet, and this device has a squeeze trigger for operation.

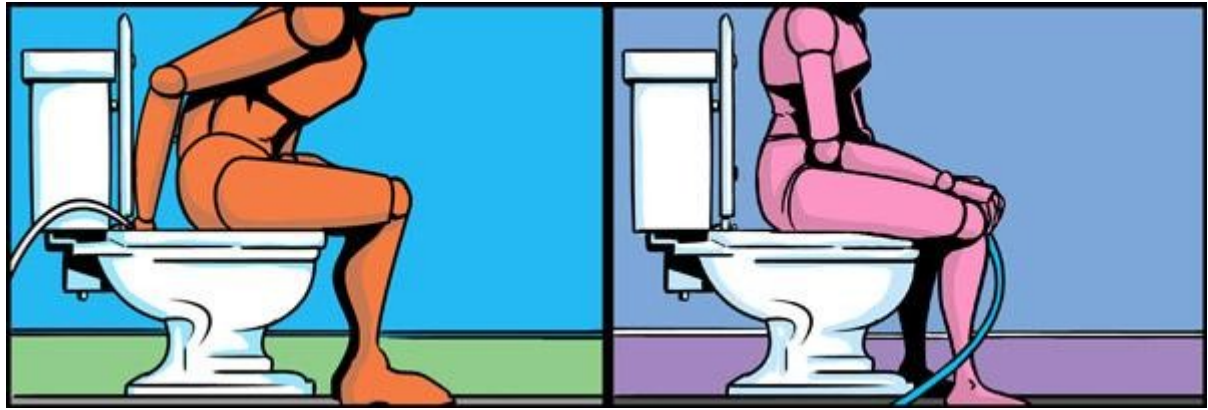
How to use a handheld bidet sprayer – step-by-step...



Step 1. *Locate and grab the bidet sprayer next to the toilet. Usually the sprayer will be sitting on a hook or holder that came with it.*



Step 2. *Open the shut-off valve to allow water to flow to the sprayer. Don't worry, the water won't start shooting automatically.*



Step 3. The method of use for the hand held bidet becomes a personal choice. You should enter either through the rear of the seat or the front, depending on flexibility and comfort. Some females may spray through the front of the seat to effectively clean both the anal and genital regions simultaneously.



Step 4. Lightly squeeze the trigger on the nozzle to start spraying. You want to aim the sprayer at an angle, not only for the most effective cleaning but also to avoid any splash back from inside the toilet.

Note: It may take a few uses to learn the desired pressures and angles of the bidet sprayer before you get comfortable. Don't get discouraged after a couple of uses, give yourself time to get used to the bidet operation.



Step 5. Check cleanliness with toilet paper. After you are sure that you are clean simply dry off your nether regions using more toilet paper or a towel. Many people use toilet paper but some with sensitive skin may use a soft towel instead.

That's it, you're done!

Adapted from text available from <http://www.bidet.org/collections/hand-held-bidets> 2018-09-14