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› Squatty Potty The Original Bathroom Toilet Stool (7-Inch) User Manual

Squatty Potty SP-ORIGINAL-7

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Model: SP-ORIGINAL-7

INTRODUCTION

The Squatty Potty Original is a bathroom toilet stool designed to promote a more natural and effective elimination posture. By elevating your feet, it helps align the colon, which can reduce straining and improve bowel movements. This manual provides essential information for the setup, operation, maintenance, and specifications of your Squatty Potty stool.



Figure 1: Squatty Potty The Original Bathroom Toilet Stool (7-Inch).

SETUP

The Squatty Potty is designed for immediate use with no assembly required. Follow these simple steps for proper placement:

1. **Unpack:** Remove the Squatty Potty stool from its packaging.
2. **Position:** Place the stool directly in front of your toilet. The U-shaped curve of the stool should fit snugly around the base of the toilet.
3. **Storage:** When not in use, the Squatty Potty can be tucked neatly under the toilet bowl, out of the way.



Figure 2: Squatty Potty placed in front of a toilet for use.



Figure 3: Squatty Potty tucked under the toilet for discreet storage.

OPERATING INSTRUCTIONS

Using the Squatty Potty is intuitive and designed to enhance your natural body mechanics for easier elimination.

1. **Sit:** Sit on your toilet as usual.
2. **Elevate Feet:** Pull the Squatty Potty out from under the toilet and place your feet on the footrests. Your knees should be elevated above your hips, mimicking a natural squatting position.
3. **Relax:** Allow your body to relax into this posture. The elevated position helps to straighten the anorectal angle, facilitating a smoother and more complete bowel movement.



Figure 4: Proper usage of the Squatty Potty, showing elevated feet.



Figure 5: Detail of feet placement on the Squatty Potty footrests.



Figure 6: Comparison of colon posture when sitting versus squatting with the Squatty Potty.

MAINTENANCE

The Squatty Potty is constructed from durable polyurethane plastic, making it easy to clean and maintain.

- **Cleaning:** Wipe the stool clean with a damp cloth and mild soap or a standard bathroom cleaner.
- **Disinfection:** For thorough cleaning, use a disinfectant spray or wipe as needed.
- **Drying:** Allow the stool to air dry or wipe it dry with a clean cloth before storing.

TROUBLESHOOTING

The Squatty Potty is a simple, non-mechanical device, so extensive troubleshooting is not typically required. However, here are some common considerations:

- **Initial Discomfort:** If the position feels unusual at first, this is normal. Your body will quickly adjust to the new posture. Most users find the difference immediate, while for some, it takes about a week to fully adapt.
- **Stool Height:** This model is the 7-inch height, suitable for most standard (14"-15.5") and comfort height (16"-18") toilets. If you find the 7-inch stool too low or too high, consider exploring other Squatty Potty models available in different heights (e.g., 9-inch).
- **Stability:** Ensure the stool is placed on a flat, stable surface. The design includes non-slip pads to prevent movement during use.



Figure 7: Sizing guide for the 7-inch Squatty Potty.

SPECIFICATIONS

Feature	Detail
Model Name	Squatty Potty The Original Bathroom Toilet Stool, 7 Inch height, White
Model Number	SP-ORIGINAL-7
Product Dimensions	12.87"D x 20.87"W x 7.75"H
Material	Polyurethane (PU) Plastic
Color	White
Item Weight	1.6 Pounds
Weight Limit	250 Pounds (159 Kilograms)
Special Feature	Lightweight
Assembly Required	No

WARRANTY AND SUPPORT

For specific warranty information and customer support, please refer to the official Squatty Potty website or contact their customer service directly. Details regarding product guarantees and support services are typically provided by the manufacturer.

LEGAL DISCLAIMER

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. (Proposition 65 Warning)