

The 1-Page Bidet Buyer's Guide

Everything you need to pick one, install it, and start saving — in five minutes.

 MONEY

~\$135/yr

family of 3, avg. prices

 WATER

~140 L

to make just one roll

 PAPER

-75%

typical reduction

 PAYBACK

months

on a ~\$40 device

TOP PICK

My main recommendation

The one I'd buy first: reliable, easy install, pressure control. This is the link I use myself.

[View on Amazon →](#)

BUDGET PICK

Cheapest that actually works

Bare-bones but solid. If you just want to try the bidet life for the price of a pizza night.

[View on Amazon →](#)

✓ What to look for

- **Self-cleaning nozzle** — non-negotiable for hygiene.
- **Pressure control dial** — start low. Trust me.
- **Metal T-adapter & hose** — plastic ones crack.
- **Fits standard two-piece toilets** — check yours first.
- Skip (for now): heated seats, remotes, dryers. Nice, not needed.

🔧 Install in ~20 minutes

- 1 Turn off the toilet's water valve, flush to empty the tank.
- 2 Unscrew the supply hose; add the T-adapter (hand-tight).
- 3 Remove the seat, place the bidet plate, re-mount the seat.
- 4 Connect the bidet hose, open the valve, check for drips.
- 5 Test the nozzle. Lowest pressure first. You're done.

🚫 Myths, busted

"Bidets waste water." → One roll takes ~140 L to make; a wash uses 0.5 L.

"It's unhygienic." → Water cleans better than dry paper — ask your own shower.

"Installation needs a plumber." → Two hand-tight connections. 20 minutes.

🌍 Why it matters

~27,000 trees become toilet paper every day, and each roll carries ~1.5 kg of CO₂. Cutting your paper use 75% is one of the cheapest climate upgrades a household can make — and it pays *you*.

 **Run your own numbers → thebidetmath.netlify.app**