

## HOME ENEMA

**AN ENEMA** is a very effective way to clear the colon and stimulate the entire digestive tract and is considered a very healthy practice for home care.

### WHEN IS THE BEST TIME TO ENEMA?

Upon arising in the morning is the best time to take an enema. Preferably after you have had your morning bowel movement and you have not eaten. If you are constipated, and cannot have a bowel movement, morning time is still the best time and the enema will help you to go.

### HOW MANY TIMES CAN I TAKE AN ENEMA?

We cannot give medical advice. You should get the advice of your doctor first. There are many books written by doctors on the subject of taking enemas.

### WHO SHOULD NOT USE THE ENEMA KIT?

The Enema Kit should not be used when the following medical problems exist:

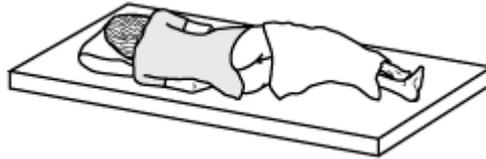
- pregnancy
- intestinal blockage
- rectal bleeding
- kidney disease
- appendicitis
- heart disease
- high blood pressure
- acute diverticulitis

- Do not use the Enema Kit if your health professional does not permit it.
- Do not use the Enema Kit with symptoms of abdominal pain, bleeding, nausea, fever, vomiting, severe dehydration or weakness.
- Do not use the Enema Kit if pregnant or breastfeeding without the permission of your health professional.
- Frequent or prolonged use of enemas may result in loss of natural bowel function. Use only when needed or as prescribed by your physician.
- Children and Senior Citizens: Only perform enemas as directed by your physician.

## BODY POSITION

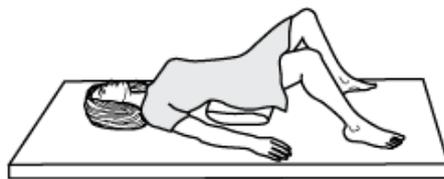
There are 4 main positions that people most commonly use when doing an enema and we recommend trying the following positions until you find one that is most comfortable and works the best for you.

- a) Left-side position - The left leg is straight and your right leg is bent about 45 degree at the knee. Your right knee will be resting slightly in front of you. This position is great for general enema users (proper position for beginners). It does not allow the enema solution to get too high.



- b) On your back position - Simply lay on your back with a pillow under your head if. Bring your knees up to your chest. Let your hands rest on your knees or by your side and simply insert and remove the enema nozzle as required.

This position allows the enema solution to enter in quite quickly and may lead to cramping. This is recommended for advanced enema users only. This position is useful when performing the enema in the bathtub.



- c) The buttock up position - First get onto your knees on the floor. Then place your elbows down onto the ground so you are like a dog stretching downwards (some people find that it's more comfortable to rest their head on their hands and bring their chest closer to the floor).

This position is commonly used, comfortable if you do not have knee pain and allows the enema solution to quickly get to the top of the ascending colon. This position may cause cramping and a sudden urge to evacuate. Control the flow in and cramping is less likely to occur.



- d) Standing position - For those who do not want to lie down, you may also take the enema in the shower/tub area. Simply hang the bag on the shower rack, bend over and insert the enema nozzle from behind while standing in the tub.



## ENEMA NOZZLES

**Flexible Short Tips** - These types of tips are similar to the standard short tips yet are tapered, flexible and soft which is why we supply them as standard with our enema kits. They are a great choice for beginners and experts alike and particularly anyone with any type of sensitivity in their anal region (such as haemorrhoids).



The other great thing about these tips is that they are also cheap enough to be used as single use disposable tips (for those looking for the ultimate in hygiene and ease of use). As such we offer a 12 tip pack as you can buy on Amazon.com

**Standard Short Tips** - The standard short nozzle is a straight hard plastic nozzle and can be used as a standard insertion tip for all cleansing enemas.



**Standard Long Tips** -The standard long nozzle is slightly flared and can be used for all types of cleansing enemas. Some prefer the higher insertion and flare over the standard short nozzle as it assists with retaining liquid during the liquid insertion, or if they are to perform a longer retention and require some assistance retaining the liquid. It is also sometimes used by those who wish to vaginally douche.



## CLEANING THE ENEMA KIT

Before and after each use, remove all tubing, enema tips and connectors. Rinse well and then add to boiling for a few minutes. Medical grade silicone is exceptionally durable. Take caution not to burn yourself.

Rinse well and dry thoroughly. Do not store in plastic as it will cause humidity leading to potential mould and bacterial growth.

Hang dry the long silicone tubing and place the dry enema tips inside the clean and dry storage bag. Once the enema tubing is dry, place it in the storage bag.



**Flow Control Valve - IMPORTANT cleaning instruction:**  
**Do not** apply hot/boiled water on the Valve as it will distort it.

## INSTRUCTIONS FOR WATER ENEMA

1. Attach your long enema tubing to the enema bag, and make sure the tubing valve is in a close position. Then attach the enema nozzle to other end of long enema tubing.
2. Next fill your enema bag with distilled water or purified water. The water should be lukewarm. If the water is cold, the colon will contract and things will not flow out so easily. If the water is too warm, the colon can relax too much and may become a bit 'floppy' after the enema. Body temperature keeps things just right.
3. Take your filled bag and tubing to the bathtub or toilet and open the tubing valve slightly so as to release a little of the water into the tub or toilet. You will do this to remove any air bubbles from the tubing. It's a good idea to clear the enema line from air. If you forget this step, the worst thing that will happen is you will get a big air pocket in your colon and have a nice release of gas with your exit water.
4. Choose a comfortable place where you can lie down. Spread a towel on the floor and plastic sheeting over the towel. This will enable you to easily wipe up any spills that may occur underneath you.
5. Hang the bag on the "S" hook and place the enema bag on a nightstand, or hang at a height of 20" or more from where your rectum will be. The purpose is to make sure there is enough height so the flow from the bag will be strong enough. You may have to try different heights to find which height works best for you. You can also try hanging the enema bag on a nearby doorknob.



6. Before you lie down to start your enema, empty your bladder by having a pee. Having any extra pressure in the bladder can make it harder to retain the water.
7. Lie down on the floor, either on your left side or your back, whatever feels more comfortable.
8. Place a small amount of olive oil or organic lubricant on the tip of the nozzle for easy insertion and also to the rectal area. Now your enema bag kit is ready.
9. Take a breath, and on the exhale, insert the tip just enough (about 1-3 inch) so it rests comfortably inside the rectum. Keep one hand on the valve so you can stop the flow at any time. You may want to hold the tube or enema tip in place to prevent slipping out. When you feel comfortable, slowly release the enema tubing valve, to allow water to flow through the tube and into your rectum. Stop the flow after a few seconds. This is important to prevent cramping or spasms. Take a few deep breaths and as you feel the water move deeper inside, release the valve again to let more water flow inside. Repeat this until the enema bag is empty or you have taken in the desired amount of water, close the valve and remove the enema tip.

**Tip:** Keep the enema tip in until just before you are ready to evacuate.

10. Try to hold the enema solution in your colon for about 5 to 15 minutes. If you cannot hold the entire amount, hold as much as you can. This will soften the feces in the colon and prepare it for evacuation. As soon as you feel the urge to evacuate, close the valve and remove the tip, if you haven't done so already. Initially you may find it very difficult to retain any water. This is completely normal. As you become more comfortable with the process and as you go further into your cleanse, you will naturally find that you are able to retain more water before releasing. It is very normal to have to repeat this process a few times before you even go through one full enema bag (between 1 and 2 litres).
11. Be careful while trying to stand up. Stand up slowly after being on the floor. Sit on the toilet, releasing the water into the toilet and have a bowel movement.

## PROPER POOPING POSITION

The picture below illustrates proper positioning for having a relaxed and unstrained bowel movement.



This position encourages the colon to empty more fully, with less effort, and actually supports and exercises the muscles of the entire intestinal tract.