

How to perform an enema

- 1- After installing the enema in your shower, and before starting the water injection into your bowel, adjust the temperature so it's not too hot and not too cold.
- 2- You can perform the enema in the bathtub by removing the drain cap and redirecting the excess with the water jet into the drain, and then clean the shower floor afterwards. Alternatively, you can use a bucket to evacuate your bowel and then pour the contents into the toilet, or you can inject the water into your intestines and then walk to the toilet to evacuate.
- 3- Use some lubricant to facilitate the insertion.
- 4- Using the flow valve attach the enema head, let pour some water and check again for the right temperature. You can then close the valve.
- 5- Slowly insert the tip of the enema 2" to 3".
- 6- Inject a small quantity of water then stop.
- 7- Keep it inside for a couple seconds then you let it out.
- 8- Repeat this step if the water coming out is not clear.
- 9- After the enema has been performed it could take up to 30 minutes for the totality of the water to be rejected.

Note: Before starting this process, familiarize yourself with the flow valve, so as not to inject the water too quickly and make sure the water is at a comfortable temperature.