

HOW TO USE AN *Enema*

WHAT IS IT?

An enema is a strategy to flush your rectum & lower colon and to stimulate a bowel movement. It can be done by a health professional or at home.

YOU NEED: *enema kit, enema liquid, coconut oil, towels, time*

1. Sanitize enema kit with hot water.
2. Lie on your left side on a towel on the floor (in the bathroom is best).
3. Bend your right knee towards your chest (use a rolled towel to support if needed).
4. Apply plenty of coconut oil to the anal opening as a lubricant.
5. Using your right hand, insert the tip of the enema bulb/tube ~2 inches into your rectum.
6. Release the enema contents into your body.
7. Slowly remove the tip.
8. Prepare for a bowel movement (or several).

This may be uncomfortable, but should not be painful.

NOTE: Work with a trusted healthcare provider to determine if and with what liquid you should use home enemas.

Enema bulbs can be found at most drugstores. You can also use a bag & tube assisted by gravity.

