



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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How To Self-Administer an Enema

Equipment:

- Enema/Douche bag and syringe
- Lubricant: Olive oil, vitamin E oil
- Purified/distilled water

Preparation:

- Avoid gaseous foods for at least 12 hours before enema
- Flush bag with water before use
- Fill syringe bag with warm water or mixed enema preparation
- Hold top of syringe bag shut and shake to ensure proper mixing
- Apply lubricating jelly to enema
- Suspend syringe bag less than 3 feet above the hips
- Release clamp to expel air in tubing before inserting enema pipe

Positions:

- A. TO USE IN BATHTUB: Recline in tub with knees drawn up
- B. TO USE ON TOILET: Sit on toilet and lean forward slightly
- C. TO USE LYING DOWN: Lay on left side on thick towels on bath floor

Instructions:

- While maintaining one of the positions indicated, insert the lubricated enema pipe into the rectum.
- Open shut-off clamp to permit the solution to flow.
- Massage tummy: starting lower left (descending colon) work up to the transverse colon (just behind the lower ribs) to the descending colon on the right side. Fill colon as full as possible. Take deep breaths.
- Empty colon into toilet.
- Repeat until water comes clear.
- Throw away disposable enema bag. Rinse, wipe down, and hang to dry non-disposable enema bag. Store in dark dry place. Sterilize enema pipe.