Enemas are used to relieve constipation that occurs when a person has infrequent bowel movements or difficulty emptying the bowels fully.

An enema can help you empty your rectal vault of stool and relieve symptoms of fullness. It can also ensure that you will not lose any stool and help stimulate the movement of your bowels. The best time to do an enema is right before your normal bowel movement or right after having a bowel movement depending on why you are using the enema.

Enemeez® is a 5 cc mini enema containing an osmotic laxative called docusate sodium. Enemeez allows quick absorption usually within 15 minutes. The active ingredient, docusate sodium, works by drawing water into the bowel from surrounding tissues and mixing with the stool to create watery bowel movements. The increased mass of stool stimulates the nerve endings in the rectum to promote bowel evacuation. It does not stimulate peristalsis in the bowel.

Enemeez® Plus has the addition of 20 mg of Benzocaine which is a non-irritating for patients who experience pain with enema use or patients who suffer from autonomic dysreflexia with bowel movements.

**Dosage**
One tube rectally as directed by a doctor. Do not exceed doctor’s recommendations.

**Administering Enemeez®**
- For best results, lay on left side with knees bent.
  - It is also possible to administer while sitting on a commode. Another option is to kneel and lower head and chest until the side of face is resting on the floor.
- Twist off and remove tip of Enemeez®. The twist off tip eliminates rectal tears.
→ Place water or a few drops of the product on the shaft of the tube to lubricate.
  o It may also be helpful to lubricate the anus with a gel such as surgilube or KY jelly®.
→ With steady pressure, gently insert the enema into the rectum.
→ Squeeze to empty the contents (keep tube squeezed until removed from rectum).
→ After contents have been emptied remove and discard tube.

Stop using Enemeez® if you feel resistance. Forcing the enema may result in injury or damage to the rectum.

Ordering Information

(888) 273-9734

Enemeez® Mini Enema Stool Softener Laxative
NDC# 17433-9876-03

Enemeez® Plus Mini Enema Stool Softener Laxative
NDC# 17433-9877-03

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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