

You can buy the enema bag at a pharmacy or medical supply store.

How do I perform the enemas?

1. Fill the enema bag with 500 cc (about 2 cups) warm tap water. Do not use hot water.
2. Hang the enema bag on a nail or hook or have someone hold it about 12 to 18 inches above your rectum.
3. Lie on your left side with your knees bent toward your chest. You may also perform the enema on the toilet.
4. Remove the cap from the enema tip.
5. Gently insert the enema tip about 3 to 4 inches into your rectum.
6. Open the clamp and allow the water to flow slowly into your rectum. The flow rate can be adjusted by moving the clamp.
7. Hold the water in your rectum as long as possible - at least 15 minutes - then expel it into the toilet.

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