

Enemas are used to relieve constipation, infrequent bowel movements or difficulty emptying the bowels fully. Enemeez® is a type of enema that your doctor has recommended for your constipation.

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.

An **enema** is a fluid injected into the lower bowel by way of the rectum.

Enemeez® is a 5 ml mini enema containing an osmotic laxative (this type of laxative increases the water in the bowels) called docusate sodium. Enemeez

allows quick absorption usually within 15 minutes. Docusate sodium draws water into the bowel from surrounding tissues and mixes it with the stool to create watery bowel movements. By increasing the mass of stool it stimulates the nerve endings in the rectum to promote bowel evacuation. It does not stimulate contraction and relaxation (peristalsis) in the bowel.



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

## What is the correct dosage?

One tube rectally as directed by a doctor. Do not exceed doctor's recommendations.

## How do I use Enemeez® ?

1. For best results, lay on your 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.
2. Twist off and remove tip of Enemeez®. The twist off tip eliminates rectal tears.
3. Place water or a few drops of the product on the shaft of the tube to lubricate.
  - It may also be helpful to lubricate the anus with a water based lubricant such as Surgilube® or KY jelly®.
4. With steady pressure, gently insert the enema into the rectum.
5. Squeeze to empty the contents (keep tube squeezed until removed from rectum).
6. 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. Speak to your doctor or report to an emergency room if you suspect injury or damage in your rectum.

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