

Directions of Use:

■ REMOVE TAN PROTECTIVE SHIELD FROM ENEMA NOZZLE



- With steady pressure, gently insert enema nozzle tip into rectum with a slight side-to-side movement, with tip pointing toward navel. Insertion may be easier if person receiving enema bears down, as if having a bowel movement. This helps relax the muscles around the anus.
- Do not force the enema nozzle into rectum as this can cause injury.
- If resistance is encountered on insertion of the nozzle or in administering the solution, the procedure should be discontinued.
- Squeeze bottle until nearly all liquid is gone. It is not necessary to empty the bottle completely.
- Remove nozzle from rectum and maintain position until urge to evacuate the fluid is strong.

Positions for using this enema:

■ Position for Self-Administration:

Self-administration may be carried out with the individual lying on a towel, on the bathroom floor, or in the bathtub.

■ **Left-side position:** Lie on left side with knee bent, and arms resting comfortably.



■ **Knee-chest position:** Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.

