

# Home Enema Kit Usage Guidelines

**Suggested directions for taking a high enema.**

**Please note:** These instructions are guidelines only. We accept no responsibility for the self-administration of enemas. As with all health procedures, it is recommended that you consult a relevant health professional before proceeding.

## **How to take an enema**

Although complete bowel cleansing and maintenance requires herbs, diet, massage and often packs and poultices, enemas are a significant and useful self-help measure which serves an important function in any bowel program. Some types of enema can reach the portal vein and enabling the liver to release toxins.

The Artsana enema kit relies on gravity feed. This means that the bag is designed to be placed on a hook at approximately shoulder height.

A tube of about 5 feet connects the container with the nozzle at the other end and there is a small tap with which the flow of the liquid can be regulated.

## **You will need the following:**

- A convenient hook
- An enema kit!
- 2 pints of enema liquid (various types are listed below). Whatever the contents, the liquid should be room temperature. Too warm and it could be dangerous, too cold and it would be hard to retain.

You will find your enema a simple and pleasant experience if you organise yourself well, set aside a relaxed half an hour and provide yourself with something to do when you are retaining the enema (music, book, etc). Many people like to take their enema while they are soaking in a warm bath, others prefer to do it on a rug on the bathroom floor, the illustration shows one of the most common positions.

## **When you are ready:**

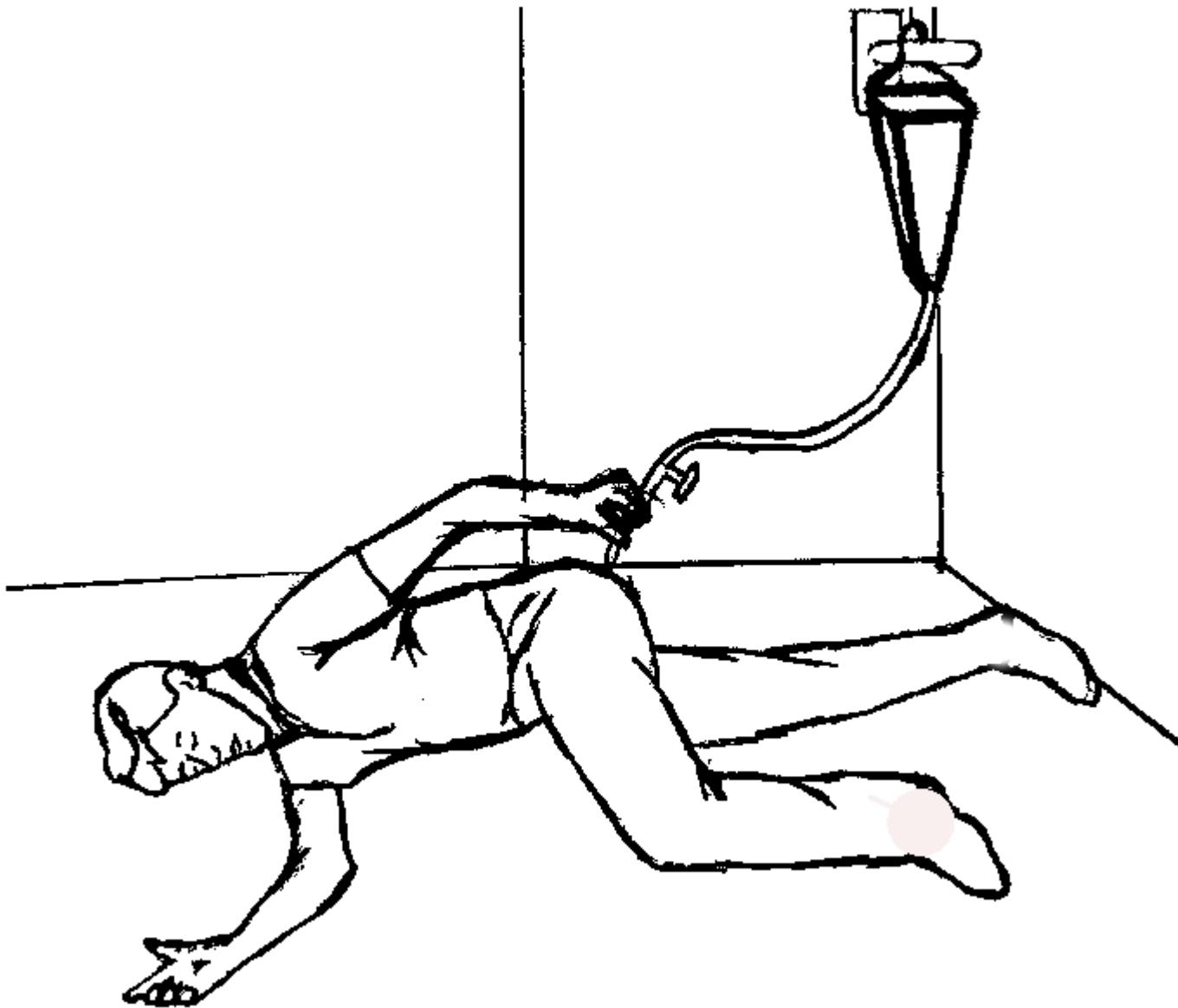
The enema kit should be filled with 2 litres of your chosen liquid, and hung approx 2-3 feet from the floor, a door handle is suitable. Open the tap on the enema kit to allow the air out, and the liquid to the end of the tip.

1. Lubricate the enema nozzle (e.g. with [chickweed cream](#), coconut or olive oil).
2. Lie on your back or on your right side.
3. Gently insert the nozzle into the rectum until it is firmly in place.
4. Gently turn the little tap to allow the liquid to flow through the tube you can control the level of flow by turning the tap.
5. Don't expect too much of yourself the first time, either in terms of the amount of liquid retained or the retention time (after a number of enemas your body will get used to retaining more liquid for longer).

6. Aim to retain about 2 pints for at least 10 minutes at the outset (your practitioner may have already advised you).

7. Sometimes the urge to release cannot be ignored and it is wise to let it go and begin again. As the bowel condition improves, it will be easier to accept and retain more liquid with a minimum of discomfort. The colon is a very large eliminative organ and is arranged internally like three sides of a large square. The aim is to let the enema liquid go up the descending colon positioned down the left hand side, along the transverse colon positioned from left to right under the stomach and into the ascending colon which goes down the right hand side. It will help to gently massage the colon in a clockwise motion and to change positions.

Lying on your right hand side, insert the anal tip ( this is the shorter tip in your kit ) approx 2 inches, or until you feel it is comfortable, turn the tap gently and slowly to allow the liquid to flow in. If you feel uncomfortable, turn off the tap and take some deep breaths, if you feel the need to evacuate, remove the tip and go to the toilet. After a few times you should be able to retain between ½ and 2 litres.



When you feel that you have introduced enough liquid, turn of the tip and remove gently, roll over onto your back and place a cushion underneath you buttocks, take some deep breaths and gently start to massage around your colon area, start from your left hand side above your hip and work your way up to just below the ribcage, then across to right hand side and then back down, you may feel the liquid moving in your colon, this is quite normal, the process of doing this will help to loosen faecal matter in the colon.

The aim is to retain the enema for 15 minutes before going to the toilet, but 5 minutes is acceptable and your first few attempts.

When you are ready to go to the toilet proceed as normal, but bear in mind that it may take a few minutes for all the liquid to pass out.

Congratulations you have now performed your first enema.

