

## HOW TO DO A TAP WATER ENEMA

Use the bottle that you received from our office, filled with room temperature tap water. If you did not receive one when you scheduled your appointment, you can purchase a Fleet's saline enema from your grocery store or pharmacy-just empty the saline out and refill with tap water.

### **How to use:**

**You will need to do an enema one hour before you leave for your appointment.**

1. Remove cover from tip before inserting. The tip has lubricant on it to make insertion easier.
2. With steady pressure, gently insert enema tip into rectum with a slight side-to-side movement, with tip pointing toward navel.

Insertion may be easier if you bear down, as if having a bowel movement. This helps relax the muscles around the anus.

**3. Do not force the enema tip into rectum as this can cause injury.**

4. Squeeze bottle until nearly all liquid is gone.

5. Remove tip from rectum and maintain position until urge to evacuate is strong (usually 2 to 5 minutes) and go to the toilet and evacuate. Do not hold in water longer than 10 minutes.