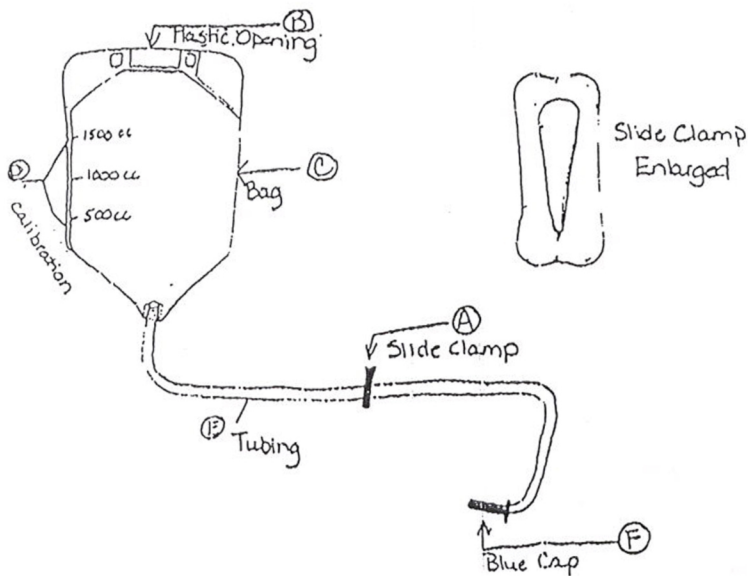


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Enema Instructions



1. Close Slide clamp (A): slide the clamp to the right or left so it pinches the tubing off. Make sure the clamp is about 12 inches from the blue cap.
2. Open the top of the bag: separate the plastic opening by holding the two edges of firm plastic (B) between your forefinger and thumb and bringing your thumb and finger closer together.
3. Fill the bag with warm (NOT HOT!) tap water: pour water into the opening you have created at the top of the bag approximately 1 to 1 ½ quarts (1000-1500 cc (D))
4. Hang the bag or have someone hold the bag at least 18 inches above where your rectum will be
5. once you are ready to insert the tubing. (Tip: This can be done by putting the bag on a hanger and hanging it on a door knob or hook)
6. **REMOVE THE BLUE CAP (F).**
7. **LYING ON YOUR LEFT SIDE**, insert the lubricated tip of the tubing gently into your rectum approximately 6 inches. Hold tubing in place
8. Open the slide clamp (A)
9. Let as much water as you can go into your rectum; at least 1 quart (1000cc) It is important to try and hold as much of the water as possible to help cleanse the entire colon.
10. Close slide clamp and replace blue cap.

10. Hold the water in your colon 1-2 minutes

11. Sit on the toilet to eliminate the water

12. Do not flush the toilet until you look at what has come out. Note the color.

13. Repeat the process until the fluid coming out is clear and without solid material.