

How to Use an Enema Safely

Lay some towels on the floor, preferably in the bathroom. Roll up one of the towels to use as a bolster.

Keep some other towels and washcloths within arms reach.

Keep a clock or timer within sight to ensure the enema is being used for the recommended period of time.

Remove the cap from the tip of the enema nozzle.

If needed, apply some petroleum jelly to the anus to ease the insertion of the enema.

Lie on the floor on your left side with the right knee bent, placing the rolled-up towel under the right knee to support it.

Using the right hand, gently insert the tip of the enema nozzle into the rectum. This may be uncomfortable but should not cause pain. Stop if there is pain and call your doctor.

After insertion, start squeezing the enema container to push the liquid into the rectum. Try to empty all of the contents by squeezing from the bottom of the container to the top.

Slowly withdraw the nozzle.

Wait the recommended period of time before going to the bathroom.

After the allotted time, evacuate the bowels into the toilet.

Stay close to a toilet for the next 30 to 60 minutes as it may be necessary to go to the bathroom several more times.