Enema instructions

An enema is the cleansing of the colon or large intestine. It involves the injection of a solution into the rectum to soften the feces, distend the colon and rectum, and thereby cause the easy emptying of the bowel. It can be used to remove stubborn impacted fecal matter at the root of many diseases as well. An enema is often given for relieving constipation. Before a proctoscopic examination or barium enema various x-ray procedures.

During the administration of the enema, you can lie on your left side, with the right leg flexed. This position will enable the enema solution to flow easily into the rectum & colon.

Alternately, you can do it by standing up in the bathroom, by the toilet for quick release and clenching buttocks while relaxing abdomen fully. (this is easier, faster and more comfortable for most). The solution most commonly used is approximately two liters of warm filtered water that is placed in a container or enema bag with a flexible tube and enema nozzle. The nozzle will be lubricated and inserted into the rectum, after which the solution will be slowly administered. (K. Y. Jelly, or calendula ointment is best lube.)

Injecting the enema solution slowly helps to minimize any discomfort. It is also helpful to breathe slowly and deeply through the mouth this helps relax and will enable you to take the enema more comfortably. If you experience cramps, you need to slow the flow of the solution can be slowed or stopped momentarily to make you more comfortable.

Once the enema is administered, you will probably feel the need to move your bowels. If possible, retain about 1-2 minutes and aggressively massage colon before releasing to get the best results. Repeat several times until ALL wastes are removed from deep in the colon, brown, smelly water should come out. It should take about 45 minutes to do it properly.

History

The word enema itself comes from the Greek en-hienai, meaning to "send or inject into." The enema has been called "one of the oldest medical procedures still in use today." Tribal women in Africa, and elsewhere, routinely use it on their children. The earliest medical text in existence, the Egyptian Ebers Papyrus, (1,500 B.C.) mentions it. Millennia before, the Pharaoh had a "guardian of the anus," a special doctor one of whose purposes were to administer the royal enema.

The Greeks wrote of the fabled cleanliness of the Egyptians, which included the internal cleansing of their systems through emetics and enemas. They employed these on three consecutive days every month said Herodotus (II.77) or at intervals of three or four days, according to the later historian Diodorus. The Egyptians explained to their visitors that they did this because they "believed that diseases were engendered by superfluities of the food", a modern-sounding theory! Enemas were known in ancient Sumeria, Babylonia, India, Greece and China. American Indians independently invented it, using a syringe made of an animal bladder and a hollow leg bone. Pre-Colombian South Americans fashioned latex into the first rubber enema bags and tubes. In fact, there is hardly a region of the world where people did not discover or adapt to use the enema. It is more ubiquitous than the wheel. Enemas are found in world literature from Aristophanes to Shakespeare, Gulliver's Travels to Peyton Place.

In pre-revolutionary France a daily enema after dinner was de rigueur. It was not only considered indispensable for health but practiced for good complexion as well. Louis XIV is said to have taken over 20,000 in his lifetime. Could this have been the source of the Sun King's sunny disposition? For centuries, enemas were a routine home remedy. Then, within living memory, the routine use of enemas died out. (Thanks to the Pharmaceutical Companies wanting to sell laxatives and chemical enemas)

Information about the benefits of a simple enema

- A timeless, wonderful therapeutic procedure for your health.
- Never feel embarrassed or humiliated about using enemas.
- Feel proud that you give yourself permission to care for your body.
The most important thing you need to know about receiving an enema is too. "Relax" Relaxation is a key ingredient for taking and receiving a good enema.

Another is Communication. The recipient needs to communicate to the administrator how they are feeling if they are feeling uncomfortable, cramping or getting full. The administrator should encourage the recipient to let them know how well they are doing.

Consideration is another important part of enemas. The administrator needs to make the enema as comfortable and relaxing as possible for the recipient.

**Steps for a Warm Water Enema**

1. Choose a warm comfortable place for your enema. Collect all of the equipment you will need. An enema bag or bucket with tubing, shut off and nozzle. A 2 qt. pitcher for extra warm water, towels, Lubricant for the nozzle/rectal tube. (K. Y. Jelly, calendula ointment is best lube.)

2. Fill enema container with warm filtered water (water should be 103°F) make sure tubing clamp is closed, Lubricate the nozzle/rectal tube, Their are many possible positions ( standing, lying etc) for administering or receiving enemas. After you are in position. Gently insert the nozzle/rectal tube and start water flow. It should flow in at a rate of about 1 cup. per minute (8 oz.). If you feel cramping, clamp the tubing off and wait for cramping to subside, this should only take a few seconds then resume the flow. Try to take the entire contents of the enema bag during one injection. If you cannot hold the entire bag move to the toilet and expel. Then refill the enema bag and began again.

When receiving the enema:
Massage abdomen in a counter-clockwise direction this will help move the solution higher into the colon. Massaging the abdomen during the administration of an enema will help the recipient except more of the enema solution.

3. After you have taken as much solution as possible, clamp the tubing off and remove the nozzle then try to hold the enema solution for 1-2 minutes then move to the toilet to expel your enema. Holding the enema will ensure a good cleaning of the large intestine.

When expelling the enema:
Massage abdomen in a clockwise direction this will help move the solution back toward the rectum and anus. Massaging the abdomen while expelling the enema helps move the solution and feces toward the rectum and out the anus. The best position for expelling your enema is squatting over the toilet. The squatting position puts pressure on your abdomen from your thighs. In many countries, toilets are made so that people squat when they move their bowels. The Welles Step positions your body so that you are squatting when you sit on the toilet. Squatting, supports the abdominal wall and the bowel as we bear down, brings about an easier bowel evacuation.

People who use the Welles Step tend to have fewer hemorrhoids, hernias, anal fissures, varicose veins and use less laxatives. It fits under the toilet when not in use. It is best if you place a Welles Step or squat down over the toilet to release your enema.

Remember
- Enemas are NOT dirty, weird or wrong !
- An open and comfortable attitude towards enemas will help others to learn this natural health treatment.
- Never feel ashamed about needing to use your enema equipment.
- Enemas are a gentle, safe and intelligent way to assist your colon to function properly and heal.

**Warning:** Do not use enemas or laxatives if abdominal pain, nausea, or vomiting are present unless directed by your health care provider. Rectal bleeding or failure to have a bowel movement after use of a laxative or enema may indicate a serious condition. Discontinue use and consult your health care provider. If pregnant or lactating or have an existing medical condition consult your healthcare provider before using.
FAQ’s

*We firmly believe that enemas can substantially help people's lives, reduce the amount of time that one is sick, lessen the number of times that a person needs to take prescription drugs such as antibiotics and depression medication, relieve constipation and help to heal the body from chronic illnesses.*

Where can I get Enema Equipment? Some drugstores carry a combination enema, douche, hot water bottle combination syringes.

ARE ENEMAS SAFE? With minor instruction and if your only intestinal related health problem is constipation, then absolutely! If you are unsure check with your health care provider before using enemas.

HOW OFTEN CAN I take AN ENEMA? If you are chronically constipated, it’s OK to start out taking an enema every day. But soon the muscular walls of your lower intestine will begin to tone-up and you will experience more and more natural bowel movements. (Try to establish a regular time for natural bowel movements and never ignore the urge to have a bowel movement.)

HOW MUCH LIQUID SHOULD I USE. Most physicians try to limit the amount of liquid to use to 2 quarts. I recommend a maximum of 3 quarts, or as much as you can comfortably hold administered very slowly to lessen cramping. It’s important to remember that enemas should never hurt beyond some mild cramping. If you never use force to administer or retain your enema the threat of stretching the large intestine is essentially eliminated.

SHOULD I ADD SOAP OR OTHER INGREDIENTS TO MY ENEMA? If you’re constipated or if you have been taking laxatives then your bowel is irritated enough already! NO. It disturbs the mucous and irritates the lining of the intestine. However some additives for your enema can be very beneficial.

SOME PEOPLE TAKE Acidophilus TO REPLACE "GOOD BACTERIA" AFTER AN ENEMA. IS THIS NECESSARY? Not Really. But it is a good idea. An enema really only upsets the bad (anaerobic) bacteria in the colon, but enemas actually create a healthier environment for the beneficial bacteria to multiply in.

WILL USING ENEMAS UPSET MY CHEMICAL BALANCE? No. You can lose some salts but these are readily replaced by using sea salt with your meals. Actually, constipation can disrupt your chemical balance much more than a daily enema ever could.

DOES THE RECTAL TIP HURT? CAN I HARM MYSELF WITH IT? The tip is easy to insert but you need to take some care when inserting it. Never force it. I always use a good lubricant.

SHOULD I USE ENEMAS WHILE FASTING? Absolutely! Fasting is a great way to help rid the body of toxins. But, when you stop eating, the bowel usually slows way down, leaving a residual of old stool in the lower bowel. So you can take an enema or two along with your fast to increase the elimination of toxins.

ARE ENEMAS AS GOOD AS COLONIC IRRIGATION? Colonics are the top of the line in bowel cleansing. Colonics can be expensive and inconvenient. Enemas can, over time, loosen and cause the elimination of the toxic waste lining on the wall of the large intestine even after years of constipation.

CAN I BECOME DEPENDENT ON ENEMAS? Over time, chronic constipation causes the thinning and weakening of the muscles of the bowel wall. Taking enemas can actually help reestablish muscle tone and improve intestinal function. I can't think of a more natural way to exercise the bowel. Of course some people can be psychologically predisposed to dependency. At least with the use of enemas they are better off than if they were chronically constipated!

WHAT IS THE BEST POSITION FOR TAKING AN ENEMA? While the Left Side position is the most often used. The most efficient position is lying down. It allows the solution to flow down hill into the colon. Making it easier to fill the entire colon. During the administration of the enema, you can lie on your left side, with the right leg flexed. This position will enable the enema solution to flow easily into the rectum & colon. Alternately, you can do it by standing up in the bathroom, by the toilet for quick release and clenching buttocks while relaxing abdomen fully. (this is easier, faster and more comfortable for most).