

E N E M A

By Suki Zoe www.qito.uk

Find a warm comfortable place to administer the enema in private – near a loo, where you will be able to relax undisturbed for plenty of time. It helps if you are able to poop before the enema, but don't worry if you can't. Hang the bag not more than 3 feet above your bum. The door handle is ideal.



Close the tap & fill the bag with warm filtered water.
Lubricate the pipe (the small tapered one) & your anus with oil for easy insertion.

Make sure you are relaxed and undisturbed in a warm room. Play some music or have a book to hand. You may like to either raise your hips with a pillow, or lie on your left side. Some people find being on all fours the most effective position.

Run a little water through first to get out any air bubbles. Insert the tube & open the clip (leave the tap parallel to the tube & don't move it again). Take in as much water as you are comfortable with & hold it for as long as you can. Try taking a little more & hold once again. Don't expect yourself to take the whole bag straight off. Little by little is the way!

If the water is not flowing, gently rotate or move the tube in & out until the flow is unhindered. Massage your abdomen – especially the descending colon.

When you are ready to release, gently get up & sit on the loo. Keep your knees raised & again massage your tummy – aiming to feel where anything may be held or blocked.

Repeat until you feel you've had sufficient release. As you take in further water work your way around the transverse & ascending.

Afterwards re-balance your body by taking good quality probiotics, drinking fresh vegetable juices, eating juicy green salads & drinking plenty of water.

PS. An open top bag (below) is ideal for filling access and for keeping clean and dry.

