

# Tap Water Enema

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You can do an enema using tap water with either an enema bag or enema bottle. You can buy an enema bag at a pharmacy or medical supply store. You can buy Fleet® enema bottles at a pharmacy.

## **Steps for a tap water enema using an enema bag:**

1. Fill the enema bag with 500 cc (about 2 cups) of warm tap water. Do not use hot water.
2. Hang the enema bag on a nail or hook (or have someone hold it) about 12-18 inches above your rectum.
3. Lie down on your left side, with your knees bent up toward your chest. If you'd like, you can also do the enema sitting on the toilet.
4. Remove the cap from the tip at the end of the bottle and put some lubricant on the tip (such as K-Y® Jelly or another water-based lubricant).
5. Gently insert the enema tip about 3-4 inches into your rectum.
6. Open the clamp on the tubing and allow the water to flow slowly into your rectum. You can adjust how fast the water is flowing by moving the clamp.
7. Hold the water in your rectum as long as possible (at least 15 minutes) then expel it (let it out) into the toilet.

## **Steps for a tap water enema using a Fleet® enema bottle:**

1. Empty the plastic Fleet enema bottle (pour out the fluid that came with the bottle). Refill the bottle with warm tap water.
2. Lie down on your left side, with your knees bent up toward your chest. If you'd like, you can also do the enema sitting on the toilet.
3. Remove the cap from the tip of the enema bottle and put some lubricant on the tip (such as K-Y® Jelly or another water-based lubricant).

4. Gently insert the enema tip about 3- 4 inches into your rectum.
5. Squeeze the bottle and allow the water to flow slowly into your rectum.
6. Hold the water in your rectum as long as possible (at least 15 minutes) then expel it (let it out) into the toilet.

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