

KLYSTRA ENEMA KIT™ INSTRUCTIONS

A good enema program occurs when you are able to infuse enough enema liquid into your colon to stimulate peristalsis throughout the entire colon, thus cleansing the entire colon and not just the rectal or sigmoid areas. Once enough water is in the colon, you then expel it, and the resulting waste, into the toilet. You then repeat the process one or two more times. Most people will find that, when done slowly, they can easily take 1- 3 quarts of enema liquid. Enema bags are a perfect tool for putting water into your colon. The Klystra enema bag holds 4 quarts of water. What follows are some simple guidelines for taking a successful enema series:

1. Connect enema bag with enema tube, and enema tube with enema nozzle
2. Fill the enema bag with enema liquid (water, brewed coffee or peppermint tea)
3. Clamp enema tube
4. Hang the enema bag at a height of about 3-4 feet (1 – 1.5 m)
5. Lie on your back, on the floor (use a mat and towel)
6. Lubricate your anus and nozzle with olive oil
7. Slowly and gently insert the nozzle into your anus (it is much more comfortable if you lubricate the nozzle)
8. Release the clamp and let the enema liquid flow into the sigmoid colon
9. Clamp the tubing as soon as there is a sensation of “fullness” or when the enema bag is empty
10. Remove the nozzle from you anus
11. If possible, without forcing yourself, retain the enema for 2-10 minutes
12. Empty your bowel
13. After emptying your bowel, you can repeat the process
14. If you cannot hold 1 or 2 cups of enema liquid, take several smaller enemas