



## **classic enema**

### USER GUIDE

Anal hygiene is one of the most common concerns that people have about anal play. Many people often find that an internal cleansing with an enema, before anal play, allows them to relax and enjoy the experience more fully. Simply follow the steps below to use your Classic Enema and prepare for your butt adventures.



## THE BASICS

When using the Classic Enema, only a couple of cups of water is necessary because you're just rinsing out the last 6-8 inches (15-20 cm) of the rectum. In fact, if you use too much water, you can stimulate your digestive system and make things messier.

You'll want to use warm water, so check it against your wrist to ensure you use the correct temperature. Too cold and you'll cramp. Too hot and you'll irritate the tissues. Be sure to use water you'd drink. If you filter your tap water, use filtered water for an enema.

## STEP BY STEP INSTRUCTIONS

Internal cleansing can take some practice, so the first few times you do it, give yourself plenty of time. It's also a good idea to do an enema about an hour before playtime. Water can get trapped in the folds of the rectum and might take a little time to come out.



- Step 1** Rinse the bottle out, wash the nozzle, and fill the bulb with warm water.
- Step 2** Screw the nozzle to the bulb and lubricate the nozzle. A lubed up nozzle will go in nice and easy.
- Step 3** Rest on your elbows and knees or lie on your side. Insert the nozzle and squeeze the bulb.
- Step 4** Hold the water for 10-15 seconds and release it into the toilet. You can repeat this process a few times until the released water become clear. You can also try holding in the water in while refilling the bulb. Repeat and then release all the water at once.
- Step 5** Immediately cleanse the nozzle and bulb with a mild soap, let air dry, and then store away.

## PRACTICE MAKES PERFECT

Rinsing out can take some practice, so the first few times you do it, give yourself plenty of time. Try doing your first enema when you have some alone time to experience the sensations before launching into play time with a partner.

