

FLEET ENEMA INSTRUCTIONS

This sheet is to be used as supplementary to the guidance and instruction provided in the packaging.

This product generally produces a bowel movement in two to five minutes.

How to use:

1. Remove orange protective shield from enema Comfortip® before inserting
2. With steady pressure, gently insert enema tip into rectum with a slight side-to-side movement, with tip pointing toward navel. Insertion may be easier if person receiving enema bears down, as if having a bowel movement. This helps relax the muscles around the anus
3. **Do not force the enema tip into rectum (bottom) as this can cause injury**
4. Squeeze bottle until nearly all liquid is gone. It is not necessary to empty the bottle completely, as it contains more liquid than needed
5. Remove Comfortip® from rectum and maintain position until the urge to open your bowels is strong (usually two to five minutes).

Positions for using an enema:



Left-side position: Lie on left side with knee bent and arms resting comfortably

OR



Knee-Chest position: Kneel, and then lower head and chest forward until left side of face is resting on surface with left arm folded comfortable

Single daily dosage: **Do not use more unless directed by a doctor. Adults and children 12 years and over** - one bottle.

If the orange protective shield on top of the bottle nozzle is broken or missing, do not use.