

How to use this enema:



- Shake bottle well before removing protective shield.
- **REMOVE ORANGE PROTECTIVE SHIELD FROM ENEMA COMFORTIP® BEFORE INSERTING.**
- 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.
- **DO NOT FORCE THE ENEMA TIP INTO RECTUM AS THIS CAN CAUSE INJURY**
- Squeeze bottle until nearly all liquid is gone. It is not necessary to empty the bottle completely, as it contains more liquid than needed.
- Remove Comfortip® from rectum and maintain position until urge to evacuate is strong (usually 5 to 20 minutes).
- **If constipation continues after one week of use, contact your doctor.**

Positions for using this enema:



- **Left-side position:** lie on left side with knee bent, and arms resting comfortably



- **Knee-chest position:** kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably