

# EVERYTHING ENEMA

## WHAT IS CONSTIPATION?

Constipation is a condition in which you may have fewer than three bowel movements per week due to hard, dry or lumpy stools that cause straining or are painful to pass.

## MEDICINE INDUCED CONSTIPATION

- Constipation can be the side effect of some medicines
  - Allergy
  - Depression
  - High blood pressure
  - Pain (especially Opioids)
  - Nervous system disorders
  - Seizures

## CHRONIC CONSTIPATION CONDITIONS

- Chronic constipation may be linked to the following medical conditions
  - Diabetes
  - Irritable bowel syndrome
  - Multiple sclerosis
  - Nerve dysfunction or damage
  - Overactive thyroid
  - Parkinson's disease
  - Pregnancy

## HOW TO PREVENT BEING CONSTIPATED?

- Drink plenty of fluids

- Eat a high fiber diet
- Exercise regularly
- Immediately use a toilet when there's the urge to go

## HOW TO RELIEVE CONSTIPATION?

- Take oral laxatives - 30 minutes to 4 days to work depending on type
- Utilize a suppository - 5 minutes to 2 hours to work depending on type
- Administer an enema - 5 minutes to 1 hour to work depending upon type

## CONSTIPATION AND HEMORRHOIDS

- Constipation causes us to strain when trying to pass a stool
- This straining can cause internal or external hemorrhoids; a painful inflammation and swelling of the anus tissue
- *The EZ Enema Kits quickly relieve constipation without straining, therefore reducing hemorrhoid flare-ups. The EZ Enema Kit with Rounded Tip allows a person with hemorrhoids to easily self-administer an enema with minimal irritation to their painful hemorrhoids.*

## WHAT IS AN ENEMA?

- An enema is a method for delivering a precise volume of an enema solution into the rectum and colon in order to soften the stool, help relieve constipation and to clean the colon. Small volume enemas, typically less than 500ML are used to clean the lower part of the colon. Large volume enemas typically 500ml - 1000ml are used to clean the upper and lower colon.

## ENEMA BENEFITS

- Quickest way to relieve constipation
- Softens stool to allow a bowel movement
- Relieves discomfort caused by stool back-up and gas
- Cleans the lower colon
- Improves ability to pass future stools by maintaining a clean colon
- Helps maintain digestive system regularity

- Safe alternative to oral laxatives and suppositories
- Relieves constipation caused by Opioids and other drugs
- *The EZ Enema Kit allows a person to safely and easily self-administer an enema while sitting on a toilet without inserting a tube into their rectum*

## ENEMA TYPES

- Cleansing Enema – uses saline or water to help soften stool to help natural urge to defecate
- Carminative Enema – delivers warm water and mild soap to help relieve gas and bloating in colon
- Retention Enema – to deliver medications directly to colon. This can be especially helpful when eating health problems affecting the colon, such as inflammatory bowel disease
- Lubricating Enema – deliver mineral oil to colon and rectum to relieve constipation by making it easier to pass stool

## TYPES OF ENEMA SOLUTIONS

- Your doctor should recommend the enema solution type that is best suited for your needs
- Common enema solutions
  - Saline - It is a combination of salt and water. The salt of the mixture sends the body's water into the bowels to make the stool soft.
  - Warm water - used to treat constipation or impacted fecal matter by using warm / body temperature water. Safe for those needing frequent enemas.
  - Mineral oil - provides fast constipation relief & helps avoid straining. Ideal when recovering from surgery or childbirth.
  - Glycerin - stimulates the lining of the colon to cause bowel movements.
  - Bisacodyl - is in a class of medications called stimulant laxatives. It works by increasing activity of the intestines to cause a bowel movement. Used on a short-term basis to treat constipation and is also used to empty the bowels before surgery and certain medical procedures.
  - Castile soap - a mild soap made of many oils, like olive oil. This mild soap is added to saline solution, which is then inserted through an enema. This solution stimulates the bowel to create movements.
  - Coffee - is a mixture of brewed coffee and water, used to remove bile from the colon.

- Phosphate solution - a phosphate solution **enema** attracts water into the bowel to soften the hardened feces. Remember that too much phosphate in your body may cause health risks. So never go for more than one enema a day. Phosphate enema is also not recommended for people with kidney problems.
- Probiotic - involves injecting a solution containing probiotics through your rectum and into your colon. This type of enema is becoming a popular alternative remedy for weight loss, gut health, immune system support, and some diseases of the digestive tract. Probiotic enemas are an emerging field of study showing promise for irritable bowel syndrome and ulcerative colitis.

## TRADITIONAL ENEMA DELIVERY SYSTEMS

- Enema bottle - 4.5 ounce bottle typically used by Fleet™ or other equivalents. Bottle tip is inserted into anus/rectum and squeezed to administer prepared laxative solution
- Enema Bulb - flexible bulb is inserted into anus/rectum and squeezed to administer warm water or laxative solution
- Water Bottle Enema - gravity based system which distributes warm water or prepared enema solution from a water bottle and through a tube which is inserted in anus/rectum
- Bucket Enema - gravity based system which distributes warm water or prepared enema solution from a bucket and through a tube which is inserted in anus/rectum
- *EZ Enema Kit is a revolutionary non-intrusive enema delivery system which eliminates the problems with traditional enema delivery systems. It's non-intrusive design allows you to easily self-administer an enema while sitting on a toilet. It uses standard 4.5 ounce enema bottles or an accessory hand pump for those with arthritis or limited hand strength.*
- *EZ ENEMA Kit allows you to easily self-administer a variety of enema solutions whether they are purchased or self-prepared*

## TRADITIONAL ENEMA PROBLEMS

- Painful to use with hemorrhoids
- *EZ Enema Kit's non-intrusive Rounded Tip design is much easier to use with painful hemorrhoids*
- Warm water or other prepared enema solutions are administered in the Left-side or Knee-chest positions; causing an awkward and uncomfortable position to administer the enema solution.
- Transferring yourself from the enema delivery position to the toilet can cause messes when the sudden urge to go happens.

- Transferring yourself from the enema delivery position to the toilet can also cause falls or injury to helpers when the sudden urge to go happens.
- *EZ Enema Kits eliminate these traditional enema problems. It's non-intrusive design allows you to easily self-administer an enema while sitting on a toilet. It eliminates awkward administering positions, potential messes and falls while transferring to the toilet, therefore preserving your well-being and dignity.*
- Inserting enema devices into the anus can cause irritation and perforation of the anus and rectum leading to potentially deadly infections. This is especially important for cancer patients whose ability to fight infections is already diminished.
- *EZ Enema Kit's non-intrusive design eliminates irritation and perforation making it safe to use.*