

How to use this enema:

- **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 2 to 15 minutes).
- Do not retain enema solution for more than 15 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.