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## Fleet Enema Instructions

### 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 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 urge to evacuate is strong (usually 2 to 5 minutes)

### Positions for using an 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.

Single daily dosage: **Do not use more unless directed by a doctor.**

**Adults and children 12 years and over** - one bottle

This product generally produces a bowel movement in 1-5 minutes

Carton sealed for safety.

If seal with Fleet emblem on top or bottom flap is broken or missing, do not use.