

### Equipment needed:

- **Stainless steel enema “bucket” kit with silicone tubing OR all silicone enema bag with tubing.** We do not recommend the pink hot water bottle enema bags or non-silicone tubing because of the possibility of toxic leaching and difficulty of cleaning. The all silicone wide opening enema bag and stainless steel enema bucket kits available at the Tummy Temple come with silicone tubing and are easy to clean.
- **Clean water.** Distilled is ideal, but any clean-sourced bottled water is acceptable. A high quality water filter is good too (Brita does not count). Water should be around body temperature. Cold water can cause cramping but cool water can strongly stimulate bowels. Hot water can damage the mucosa lining of colon, but moderately warmer water will be easier to retain.
- **A surface on which to lie.** A bathtub is ideal (try a towel on the bottom to keep you warm).
- **An elevated surface on which to place the bucket or hook the bag.** Approximately 18 inches or higher works well. Enemas work via gravity so the higher you place the bucket or bag the faster the water will flow.
  - Before putting liquid into bucket, there is a flow-control clamp on the end of the tubing that should be moved down toward speculum end (near your rear), and kept fully closed. Then place fluid in your bucket and open the flow-control clamp one click to allow the liquid to come all the way down towards the speculum before closing the flow-control clamp again. (This gets the air out of the tubing).
  - Lay on your back. Use a water based lubricant, or coconut oil on the enema speculum tip for insertion. Try to insert speculum all the way or at least two to three inches into the rectum. The speculum should go through the internal sphincter.
  - Unclick the flow-control clamp one or more clicks depending on how fast you want the liquid to flow.

**For enemas meant to regulate bowels or relive constipation:** When liquid is all in, then wait for the urge to eliminate then go to the toilet right away. You can use a clockwise (looking downwards towards navel) massage on abdomen to help encourage thorough elimination. Repeat entire process if bowel does not clear satisfactorily.

**For a retention enema (i.e. coffee):** After all liquid is in the colon, retain for 10-15 minutes then eliminate on toilet. You can use a clockwise (looking downwards towards navel) massage on abdomen to help encourage thorough elimination.



## Enema Kit Directions

### Enema Coffee Recipe

- 3-4 heaping Tbs SA Wilson's Gold Roast Coffee (we suggest this because it is an organic, ground, light roast coffee specific for coffee enemas)
- 4 cups distilled or highly purified water

#### Directions:

1. Put water and coffee into a large non-aluminum pot, bring to a rolling boil and let boil for 3 minutes.
2. Turn down and let simmer, covered, for 20 minutes.
3. Strain coffee through a fine sieve 2 times to ensure there are no particles that may clog enema speculum (do not use bleached coffee filters).
4. Let coffee cool to correct temperature (around body temp), and then pour into enema bucket and follow directions on the opposite side of this sheet.

### Enema Coffee Concentrate Recipe

- 1 cup SA Wilson's Gold Roast Coffee (we suggest this because it is an organic, ground, light roast coffee specific for coffee enemas)
- 4 cups distilled or highly purified water

#### Directions:

1. Put water and coffee into a large non-aluminum pot, bring to a rolling boil and let boil for 3 minutes.
2. Turn down and let simmer, covered, for 20 minutes.
3. Strain coffee through a fine sieve 2 times to ensure there are no particles that may clog enema speculum (do not use bleached coffee filters).
4. Divide the coffee enema concentrate into 4 even amounts (about 1 cup each) in clean canning jars. Cap tightly and store in refrigerator for up to 1 month.
5. When ready to use your concentrate dilute with 2-3 cups distilled or highly purified water and warm to body temperature. Then pour into enema bucket and follow directions on the opposite side of this sheet.