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.

- **Stop using if tip is hard to insert.** Forcing the tip into the rectum can cause injury (especially if you have hemorrhoids). If enema tip causes rectal bleeding or pain, get immediate medical care.

- 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 1 to 5 minutes).

**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. If no urge is felt after 5 minutes of using, try to empty bowel. Call a doctor promptly if no liquid comes out of the rectum after 30 minutes because dehydration could occur.

**Fleet® Enemas are LATEX-FREE**