

# How to Give Yourself an Enema

Disclaimer: I am not a medical doctor. Be careful and you are not allowed to sue me if you do some stupid shit with your asshole.

## 1 Get an enema bulb

Not a full on deep colon cleanser kit with an enema bag- just the bulb. The ideal bulb is as follows:

- Nozzle: soft, long and thick (goes deeper inside you and preps you for anal to a certain degree), tapered, with more than one hole at the tip- preferably including some side holes (better for irrigation)
- Bulb: on the bigger side / higher water volume capacity (saves you from needing to repeat the process a bunch of times)
- Material: silicone instead of plastic (safer for your body) if possible

If it looks like a sex toy, that's the kind you want. If it looks like one of those things people use to clean out baby nostrils (Deftones - Adrenaline (1995) album cover), that's not the kind you want. Personally, I think "beauty molly" (actual brand name) makes good ones. I swear they didn't pay me to advertise, I just think they're good.



Figure 1: a bad vs. a good enema bulb

## 2 Put the water in your butt

- Try to use the bathroom first so you can be as empty as possible
- Fill the bulb most of the way with water (doesn't need to be 100% full) and reattach the nozzle. You want the water to be lukewarm (not too hot, remember you are putting this on the inside of your body and it is sensitive. not too cold either or it'll make you cramp up)
- Spread some lube on the nozzle, and then on your asshole. Fingering yourself a little is a good idea too
- Sit in a comfortable position in the bathtub, on the bathroom floor, or over a towel, relax, and slowly push the nozzle all the way inside. Do not squeeze the bulb yet
- While keeping the nozzle inside, get in a candlestick position, or else prop your ass up on the side of the bathtub or on some other furniture. The idea is to be kind of upside down so that the water reaches deep inside you. You don't strictly need to do this, though- that's why you want to get a bulb with a longer nozzle and more volume in the first place.
- Slowly squeeze the bulb. Do this in one go- don't let go or it will start to aspirate the water from inside your ass, which is not what you want
- Once the bulb is completely squeezed, slowly pull the nozzle out. Do not let go of the bulb- keep it squeezed until the nozzle is out
- Hold the water inside you for a minute or 2 (or as long as you can comfortably manage) while in the candlestick/upside-down/elevated ass position (or lay on your side if that's not comfortable for you).

## 3 Remove the water from your butt and further notes

Once you've kept the water inside you for a bit, get on the toilet and butt-pee. Repeat the enema process until the water comes out looking reasonably clean. It will probably never be perfect, but unless you have some digestive issues, you don't need to do this more than 2-3 times to be clean enough for anal.

None of this should hurt! If you feel pain, something is wrong. Maybe you're not using enough lube?

You should take apart the bulb and wash both parts in the shower with some soap and warm water after every use.

My mother once told me: "you really have to love someone to give them an enema". Love yourself, give your own self an enema.