

# Top 10 tips for your first enema

1. It can be surprisingly hard to find enema kits at your local pharmacy, so you may have to buy online
2. Give yourself plenty of time and privacy
3. Make sure you have a comfortable place to lie
4. Make sure your water temperature is right
5. Make sure your enema clip is fully closed before you fill the container
6. It can take AGES to get the water flowing
7. You may struggle to hold the water and that's OK
8. Make sure you have clear and quick access to the toilet
9. Air bubbles can be really painful, but they will pass if you can stay focused
10. Don't be surprised if you have some unexpected emotions, but don't be disappointed if you don't