***What to do:***

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| *Make sure the person’s body is higher than their head.* |

1. Tell the person what you are doing and why.
2. Wash your hands.
3. Ask him/her to lie on her left side if she can. If possible, her body should be a little higher than her head.
4. If you have them, put on clean gloves.
5. Let the water come down to the end of the tube to get the air out. Then pinch the tubing to stop the

flow.

1. Wet the end of the tube with water or an oil, and slide it into the anus. If coherent, ask the person to

take slow, deep breaths to help them relax.

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| arrows showing 10 centimeters or 4 inches on a rulerDo not put the tube in more than this much. |

1. Hold the bag or can just high enough for the water to run in very slowly (about the level of the person’s

hips). It should take about 20 minutes. If the water runs out of their body, the bag may be too high. Lower

the bag so the water runs in more slowly.

1. Gently remove the tube. Tell the person to try and keep the water inside, and that the urge to pass stool

will go away soon. If the person is unconscious, you can hold their buttocks together. ***Retention enemas***

***need to be retained for 20-30 minutes to allow the body to***

***absorb the liquids within the colon.***

1. Clean and dry the person. Then remove your gloves and wash your

 hands.

1. If needed, transport the person for medical help right away. For

 enemas for those who are in shock - If the person is still in shock,

 you can give another enema one hour later. If he/she is not in

 shock, try to give sips of rehydration drink as you transport

 him/her.

Info and images from: *Where There’s No Doctor*

[*www.HealthyPreparedness.blogspot.com*](http://www.HealthyPreparedness.blogspot.com)

***Electrolyte Recipe:***

*2 cups water*

*2 tsp.’s sugar / dextrose / honey*

*1/2 tsp mineral salt*

*Pinch baking soda*

*Using warm water works best.*

*Allow the person to have a bowel movement if it triggers one.*

*Retain for 20 minutes.*

*Repeat several times a day.*

*Hold buttocks closed, if needed, to help person retain the solution for the full 20 minutes.*