

## Coffee Enema Procedure

If you are having regular bowel movements, the enema should be performed *preferably following* the bowel movement *rather than before* it. When you do coffee enemas on a regular, daily basis, however, you may not accumulate enough bulk to continue to have regular movements. If this is the case, you should not strain to have a natural bowel movement first, as this may result in the development of hemorrhoids. When your program of daily enemas is discontinued, your normal daily bowel movements should resume. The enemas will sufficiently serve to evacuate the bowel if you do not have a natural movement.

### 1. ARRANGE AN AREA ON THE BATHROOM FLOOR TO INFUSE THE COFFEE SOLUTION

Most people lay an old towel atop a throw-rug or folded blanket situated on the floor of the bathroom. The coffee is infused when in a supine position, so most people make the floor as comfortable as possible. Some prop pillows against the wall and use the time in comfort for reading or making phone calls.

### 2. FIND A PLACE FROM WHICH TO HANG THE ENEMA BAG

It should not be higher than about 2 feet off the ground (assuming you will lie on the floor). If the bag is too high, the solution will flow with too much force, causing discomfort.

### 3. HANG THE ENEMA BAG FROM THE PLACE YOU HAVE CHOSEN

### 4. CONNECT THE COLON TUBE TO THE PLASTIC NOZZLE ON THE END OF THE TUBE THAT ATTACHES TO THE ENEMA BAG

### 5. CLOSE OFF THE HOSE LEADING TO THE COLON TUBE WITH THE HOSE CLAMP PROVIDED TO PREVENT THE ESCAPE OF ANY FLUID

### 6. ADD THE COFFEE SOLUTION TO THE ENEMA BAG

Your coffee enema solution should be at room temperature or only slightly warmer at the time of usage. Too hot or too cool may cause your colon to contract, resulting in difficulty in the retention and performance of the enema.

### 7. OPEN THE FLOW CONTROL CLAMP AND ALLOW A LITTLE COFFEE TO FLOW TO THE END OF THE TUBE AND OUT INTO THE SINK, TOILET OR BATHTUB, JUST ENOUGH TO ELIMINATE ANY AIR IN THE TUBE

### 8. LUBRICATE THE FIRST SEVERAL INCHES OF THE COLON TUBE

Additional lubrication may be applied to the rectum to aid in the insertion of the colon tube.

### 9. INSERT THE COLON TUBE INTO THE RECTUM

Most people prefer to accomplish this while lying on their left side. Ideally, the tube should be fully inserted. How this is best accomplished soon becomes a matter of individuality, learned through trial and error. Everyone has a different colon in terms of twists and turns as well as degrees of contraction and relaxation. For some, it is a simple matter to fully insert the tube. For others, it requires patient, gentle effort. Allowing the slow inflow of solution while inserting the tube is often helpful. Also, many find that twisting and turning the tube while gently pushing facilitates its progress. Others suggest that momentarily withdrawing the tube slightly and then proceeding with its insertion can help get around tough corners – the various bends and turns in the colon. *Under no circumstances should any force be used.* The whole procedure should be very easy and gentle. Many people are simply unable to fully insert the tube. That is all right. You should just insert the tube as far as your colon will easily allow. It usually takes experiencing several enemas before you become comfortable with the procedure and develop your own, individualized means for doing it.

### 10. OPEN THE CLAMP TO ALLOW THE COFFEE SOLUTION (1 QUART) TO FLOW INTO THE COLON

The rate of flow can be regulated with the control apparatus. When the flow is completed, you may remove the tube or leave it inserted during the course of the enema. Many people prefer to leave the tube inserted with the valve left open, as it will allow any gas present in the colon to escape.

### 11. LIE ON YOUR LEFT SIDE FOR 5 MINUTES, ON YOUR BACK FOR 5 MINUTES, AND ON YOUR RIGHT SIDE FOR 5 MINUTES

During this time, gently massage the colon, concentrating particularly on any hard, lumpy areas.

### 12. AFTER THE 15 MINUTES, YOU MAY THEN EXPEL THE ENEMA

You should not strain to hold the enema. If you feel the need to expel before the 15 minutes, you should do so. No straining of any kind should be done at any time. The whole process should be very effortless.