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Nov 20 2023 What is an enema? An enema is an injection of fluid directly into your rectum that helps you poop. You may get an enema at your healthcare providers office. Most people buy enema kits they use at home

They're available without a prescription at most pharmacies An enema also known as a clyster is the rectal administration of a fluid by injection into the lower bowel via the anus. [1]

The word enema can also refer to the liquid injected [2][3] as well as to a device for administering such an injection. [4] Nov 17 2025 An enema helps clear the bowel by inserting liquid into the rectum to make passing stool easier

You should only use enemas recommended by a healthcare provider and follow the instructions carefully Oct 10 2025 It can become a chronic problem for many people and requires treatment such as an enema. Enemas can also treat fecal incontinence a condition in which the stool leaks from the rectum Oct 12 2025 An enema cleanses the colon stimulates bowel movements or delivers medication

Cleansing enemas flush out the colon quickly while retention enemas keep liquid in the body longer Mar 15 2025 To perform an enema at home start by lubricating your anus and then the enema nozzle with coconut oil

Next mix the solution fill the bag with distilled water and use the clamp to control the flow of the solution Dec 19 2025 Enema procedure in which water or other fluids are injected via the rectum into the lower intestine

Enemas stimulate defecation and thus are most commonly used to treat occasional constipation Mar 9 2023 An enema is a technique used to stimulate stool evacuation usually to relieve constipation. How it's done depends on the type of enema and whether you can do it at home or at the hospital

The May 1 2025 What is an enema and how does it work? An enema is a treatment for constipation. Instead of taking medication by mouth an enema goes in the other end

An enema is a syringe filled with liquid that gets inserted into the anus the opening where stool poop comes out Dec 21 2023 An enema is a liquid solution that goes into your bum anus to help cleanse the colon by emptying the bowel

Most over the counter OTC enema kits contain water and salt mineral oil or a mild laxative.

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