






ATTENTION :


- if your mucous membranes are irritated, they are more likely to let the STDs/HIV through .
- don't put anything in your anus that you're not supposed to, or you may not be able to get it out.
- urine  is irritating and unsafe. Avoid alcohol  because the intestine absorbs it faster than the stomach does.





Enemas are not dangerous if you follow some rules. 



WHEN ?


- Before anal penetration, between six hours and just before sex. 
- Not too often, or it might upset your intestinal flora and remove bacteria which are essential to the digestion.





WITH WHAT ?

- an enema bulb 
- a shower head 

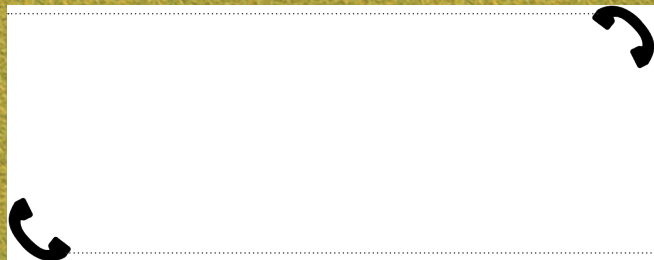
You should use a lot of lubricant  to avoid irritations that could be an entry for STDs and HIV .

HOW ?

Don't share your equipment (enema bulbs, shower head) to avoid any contamination. 

- Relax and take your time 
- You don't need to insert the enema bulb or the shower head too deep.
- Only use lukewarm water, several times, around 50cl in total.  
- The evacuation should be slow, let the enema go down with gravity. Be sure to take all the water out.
- When you're done, don't forget to clean your equipment with water and soap. 

HOW TO WASH YOUR ANUS AT LOW RISK ?



Made by Cabiria with the financial support of the Inpes.
ISBN2915927162