**Precautions**

1. For rectal use only. Not to be taken orally or administered vaginally.
2. Use the medication as directed by the doctor.
3. If you have a history of drug allergy, consult your doctor or pharmacist before using the medicine.
4. Do not use when there is nausea, vomiting or abdominal pain.
5. Consult your doctor immediately regarding any rectal bleeding after using an enema.
6. Do not force the enema into the rectum to avoid damaging the surrounding tissue.
7. Discard all medications that are expired or no longer required.
8. Do not share the medication with other people.
9. Tell your doctor and pharmacist if you are pregnant, planning to become pregnant, or breast-feeding.
10. Please consult your doctor if symptoms persist or worsen after using the medicine.

**What if I miss a dose?**

Use the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not double the dose.

**How to store?**

1. Keep out of reach of children.
2. Store in a cool, dry place and away from direct heat and light.

**What are the possible side effects?**

The common side effects include rectal pain and irritation.

If you notice any allergic reactions like skin itchiness, face or hand swelling, breathing difficulty etc., consult your doctor immediately.

*For any query, please seek advice from your doctor, pharmacist or other healthcare professionals.*
What are Enemas?
Enemas are liquids for administering medications into the rectum.

Indication
Enemas are commonly used for:
1. Relieving constipation
2. Preparing for a colonoscopy
3. Treating inflammation of the intestine, etc.

How to use?
1. Shake the enema bottle well before use.
2. Remove the protective cap from the tip, if applicable.
3. Lie down on your left side with your left leg stretched out and your right leg bent towards your chest for balance, arms resting comfortably.
4. Gently insert into the rectum with the tip pointing towards the navel. If this causes pain or irritation, apply a small amount of lubricant on the tip of the applicator before inserting it.
5. Hold the bottle firmly and squeeze it slowly and steadily until all liquid is expelled unless otherwise instructed.
6. Remove the squeezed bottle from the rectum.
7. Remain in the same position as instructed. This allows the medicine to spread through the intestine.
8. Discard the used materials (such as enema bottle and gloves), then wash hands thoroughly.

How does it work?
Enemas have various mechanisms of action depending on their active ingredients. Some lubricate and stimulate the lumen of the intestine to induce emptying of the bowel. Some have anti-inflammatory effects.

Left-side position
Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.