

Instructions for the use of the anal shower

The anal shower is an accessory device for medicinal applications. It is used for the cleaning of the anal channel and the duodenum.

The pumping ball is made of phthalate-free elastomer plastics. The shower head is made of PE (poly-ethylene).

Hazard notice:

Keep out of reach of minors. The products contains small particles such as adaptors or valves which must not be made accessible to small children, as these parts constitute a choking hazard when swallowed!

Application and application notes:

- The normal ambient temperature for the proper use of the device is between -10° and + 100° C.
- The maximum permissible temperature at which the device may be used or exposed to is between -30° and +100° C.
- To achieve a suction or pumping action squeeze the pumping ball and release again.
- The shower head needs to be filled with rinsing fluid prior to the application by multiple pumping actions, so that no air is pumped into the intestine.

The cleansing action is possible to be performed while seated on a lavatory.

- Bring the rinsing fluid (approx. 0.25 litres) to a temperature equal to your body temperature.
- Ensure the shower head is moist or use a neutral lubricant cream (such as Vaseline or the like).
- Insert the hose end with the suction head into the rinsing fluid. Pump the ball to suck in the rinsing fluid and the pump it into the intestine through the anus.
- So the rinsing fluid can exit freely do not push the shower head in to deeply, only to the inside of the sphincter.
- Move the shower head in and out when pumping to assist the flow of the rinsing fluid.
- Ensure that only very little of the rinsing fluid is accumulated in the intestine; this may have detrimental effects on the intestinal flora.
- After the anal shower always wait for the residual liquid to exit from the intestine.

Cleaning, disinfection and care:

- Clean the pumping ball and the hoses as well as the shower head with liquid and soap as required.
- Do not use disinfection agents based on alcohol, as these would destroy the product.
- Disinfection by short-term boiling:
 - Separate any inserted adaptors, hoses and the showerhead from the pumping ball.
 - Place all components in a bath with boiling water. Ensure that all components can be moved around freely in the boiling water. Exposure to temperatures beyond 80°C over a longer period will destroy the product. A short term heating up to 100°C (when boiling) is permissible.
- Steam sterilization in autoclaves is not possible.
- Not suitable for microwave units.
- Do not subject to direct sunlight.

Durability

When used according to instructions until 2022

Disposal

This product may be disposed of as part of normal household waste.

The anal shower can also be used for intestinal rinsing.

Any use for intestinal rinsing should always be conducted in accordance with a medical professional!

- Lay down on your bed on your left side, or on any other comfortable surface. As the large intestine or colon runs towards the left, the rise of the liquid inside the colon is supported. The intestinal rinsing is also possible in a prostrate position on the back with drawn up legs. If the self-application is difficult for you, ask a person of your confidence to assist you.

- Pull up the knee to relax the abdominal muscles. Insert the shower head into the anus with a slight turning motion for about 2 to 3 cm.
- Insert the hose end with the suction valve into the rinsing liquid. Pump the ball to suck in the liquid and to pump it into the intestine through the shower head. If there is a strong urge to empty the intestine end the pumping action.
- Pull the shower head out of the anus.
- Attention: Do not pull on the hose but directly on the shower head. Try to retain the liquid for as long as possible. If the liquid is retained for about seven minutes or more you will have a maximum rinsing result.
- Empty the intestine on the toilet.