



How To Use The Vaginal Douche Bag



- Wash the enema bag in warm water before the first use.
- Attach the tubing to the bag and screw tightly.
- Attach the long nozzle containing the perforations on the free end - this is the vaginal nozzle. The shorter one is for rectal use.
- Close off the valve to stop any liquid from leaving the tube.
- Fill the enema bag with the strained vaginal douche fluid and either hang from a bathroom door or hold at shoulder height.
- Aim the nozzle towards the sink and open the valve to allow air bubbles to be expelled from the tubing. Allow the liquid to flow, then close the valve.
- Stand over a pan or in the shower. Lubricate the nozzle with oil or another suitable lubricant and insert so that the majority of the nozzle is inside the vagina.
- Switch on the valve and allow the fluid to sluice inside the vagina to wash out the pessary.
- Clean the nozzle daily and the bag and tubing weekly.



Hook for door

Tubing

Vaginal nozzle

Valve

Attach to bag

