

START SMALL.

Understand the approach.



GODDESS'S RULE

Start small. More is not better.

This guide demonstrates a small-volume squeeze-bottle method. Bulbs and shower attachments are alternatives, but the step-by-step method here assumes a Fleet-style squeeze bottle.

THE BIG PICTURE



Start small.

A small rinse can make a big difference.



Every body is different.

Bowel habits, diet, stress, and hormones all play a role.



Clean enough is enough.



FREQUENCY

- If you douche, no more than once that day.
- Ideally, no more than 2-3 days per week.

SKIP IT / ASK A CLINICIAN FIRST

- Active rectal bleeding, a painful fissure, or severe hemorrhoids.
- An IBD or proctitis flare, or acute diarrhea / gastroenteritis.
- Recent rectal or colon surgery, or pelvic radiation.

THE GOAL



To remove what can be reached with a small rinse, so you can feel clean, comfortable, and confident for whatever comes next.

A little preparation can make a big difference in how you feel.

WHAT THIS GUIDE IS NOT

- ✗ It's not a deep colon cleanse.
- ✗ It's not about achieving perfectly clear water.
- ✗ It's not a substitute for medical advice.



GODDESS VIKTORIA SWAY

Start small. More water is not more success.

EDUCATIONAL GUIDE

Not a substitute for medical care. Stop for severe pain, significant bleeding, fever, fainting, or worsening cramping.

PAGE 2 PREPARE YOURSELF - SET YOURSELF UP FOR SUCCESS.

A calm body and the right setup make all the difference.



GODDESS'S RULE

Prepare first.
Never rush.



GET YOURSELF READY

- ✓ Have a bowel movement first if you need to. Don't force it.
- ✓ Give yourself time. We recommend waiting about 1 hour before anal play.
- ✓ Eat and drink normally. A light meal is fine.
- ✓ Stay well hydrated. Water is your friend.
- ✓ Create a calm, private space where you feel safe and relaxed.



GATHER WHAT YOU NEED



Enema bottle
or Fleet bottle
(See Page 1)



Lubricant
Use what
works for you.



Towels
(Clean, soft,
and nearby.)



Water
(Warm is
best.)



BEST PRACTICES

- ✓ Go slow.
- ✓ Use warm water.
- ✓ Use gentle pressure.
- ✓ Start small.
- ✓ Listen to your body.
- ✓ Clean enough is enough.
- ✓ You are in charge.
- ✓ You know your body best.

*You've
got this.*



SET THE SCENE

- ✓ Keep everything within easy reach.
- ✓ Use a bath mat or towel to protect the floor.
- ✓ Make sure the bathroom is warm and comfortable.
- ✓ Dim the lights if you like. Create a calm vibe.



ABOUT TIMING



ABOUT TIMING

Plan to finish your final rinse about 1 hour before play. The clock starts after the final rinse. Stay near a toilet; retained water can return.

RINSE FLUID

- For repeated rinses, use normal saline.
- Simple saline: 1/2 teaspoon table salt in 1 cup (240 mL) water.
- Keep it lukewarm / about body temperature - never hot.
- An occasional small plain-water rinse is common.

SKIP IT / ASK A CLINICIAN FIRST

- Active bleeding, a painful fissure, or severe hemorrhoids.
- An IBD/proctitis flare or acute diarrhea/gastroenteritis.
- Recent rectal/colon surgery or pelvic radiation.

GODDESS VIKTORIA SWAY

Warm. Lubricated. Low pressure. Never rushed.

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USE THE BOTTLE— NOT THE SOLUTION.

We use the Fleet® bottle, not the solution inside.



GODDESS'S RULE

Use the bottle. Dump
the solution.



DO NOT USE THE ORIGINAL SOLUTION

Fleet 'Saline Enema' contains sodium phosphate. Buy it for the squeeze bottle, empty the solution completely, rinse the bottle, then refill it.

REFILL WITH RINSE FLUID

- Use the rinse fluid described on Page 2.
- Keep it lukewarm / about body temperature - never hot.
- An occasional small plain-water rinse is commonly used.
- Lubricant goes on the nozzle and opening - not in the bottle.

WHAT YOU NEED

- Empty Fleet-style squeeze bottle or enema bulb
- Lukewarm rinse fluid
- Lubricant that is comfortable for your body
- Clean towel and easy toilet access
- Optional shower attachment only if you can control pressure and temperature

INSERTION

- Lubricate the nozzle and opening generously.
- Insert only the nozzle tip.
- Never force it. Pain or sharp pressure means stop.

KEEP IT YOURS

- Never share a bottle, bulb, nozzle, or shower attachment.
- Rinse equipment thoroughly after use and allow it to air-dry completely.
- Replace anything cracked, rough, or difficult to clean.



TIP: Breathe deeply.
Tension makes it harder.

GODDESS VIKTORIA SWAY

The bottle is the tool. The original solution is not.

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RINSE. HOLD. RELEASE.

The actual procedure, step by step.

GODDESS'S RULE
Gentle pressure.
Brief hold. Release.



RINSE FLUID

- Use the rinse fluid from Page 2.
- Keep it lukewarm / about body temperature - never hot.
- Do not use the original sodium-phosphate Fleet solution.
- Lubricant belongs on the nozzle/opening, not in the bottle.

WHAT SHOULD FEEL NORMAL

- Mild fullness or the urge to go
- A little gurgling or movement
- Relief as the fluid comes out
- Not normal: sharp pain, severe pressure, dizziness, or significant bleeding

THE RINSE - STEP BY STEP

1 FILL

A standard Fleet-style bottle holds 4.5 fl oz / 133 mL. One bottle is the maximum for a round; use less if that is enough.

2 LUBRICATE + INSERT

Lubricate the nozzle and opening. Insert only the tip, angled gently toward your navel.

3 SQUEEZE SLOWLY

Use gentle pressure. A mild sense of fullness is okay. Sharp pressure, pain, or strong cramping means stop.

4 HOLD BRIEFLY

If comfortable, hold for about 5-10 seconds. Do not force a hold; release sooner if your body asks.

5 REMOVE + RELEASE

Remove the nozzle, sit on the toilet, and let the fluid come out naturally. Do not strain.

6 WAIT + ASSESS

Give it a moment. If significant material remains, another small round may help. Page 5 tells you when to stop.

NORMAL VS. STOP

- Normal: mild fullness, urgency, gurgling.
- Stop: sharp pain, strong cramping, nausea, dizziness, or bleeding.

HOW MUCH?

A standard Fleet-style bottle holds 4.5 fl oz / 133 mL. Use no more than one bottle per round, and use less if a partial squeeze is enough. The goal is a small-volume rinse, not a deep flush.

GODDESS VIKTORIA SWAY

Slow squeeze. Short hold. Release. Then decide.

EDUCATIONAL GUIDE

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RINSE AGAIN — OR STOP?

Listen to your body. Stop when you're clean and comfortable.

GODDESS'S RULE

Clean enough is
enough.

WHAT DID YOU SEE?

Use what came out as your guide.

SIGNIFICANT MATERIAL

More than just a few
small pieces or specks.



MOSTLY CLEAR

Just water, a few tiny
specks, or light cloudiness.



RINSE AGAIN

Repeat the process.
Warm water.
Gentle. Unhurried.
Check again.

STOP HERE

You're clean enough.
Extra rinses can cause
irritation or discomfort.
Trust your body.



IMPORTANT: LISTEN TO YOUR BODY

If something doesn't feel right, stop.
You are in charge. Your comfort and safety come first.

STOP SIGNALS

- ⚠ Pain or significant cramping
- ⚠ Increasing bloating or nausea
- ⚠ Dizziness or lightheadedness
- ⚠ Bleeding
- ⚠ Fever

*Do not
chase
perfection.*



Clean.
Comfortable.
Confident.
That's the goal.

NO MAGIC NUMBER

There is no required number of rounds. Stop when
the return is mostly clear and you feel comfortable.



REMEMBER

- ✓ Clean enough is enough.
- ✓ Your comfort matters most.
- ✓ Rushing can lead to irritation.

STOP FOR THE DAY

- If several small rounds keep bringing more material down, stop.
- More water can pull stool from higher in the bowel and turn a short prep into a long one.
- Try another day rather than chasing perfectly clear water.
- A little clear or whitish mucus can be normal and is not a reason to keep rinsing.

GODDESS VIKTORIA SWAY

Do not chase perfection. Clean enough is enough.

EDUCATIONAL GUIDE

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HELP RETAINED WATER COME OUT.

A little movement helps your body release what's left.



GODDESS'S RULE

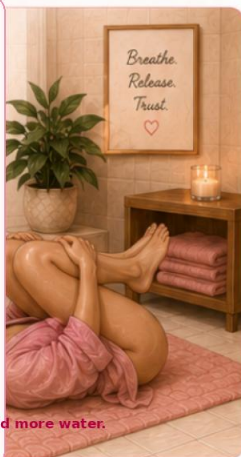
Move. Breathe. Let
gravity help.



These gentle moves can help guide out retained water and bring relief. Go slowly and listen to your body. Stop if you feel any discomfort.

1 KNEES TO CHEST

- Lie on your back and bring both knees toward your chest.
- Hold your shins or wrap your arms around your legs.
- Breathe slowly for 20-30 seconds, then release.
- Repeat a few times if it helps retained water move down.



For retained water only - do not add more water.

2 TAKE A WALK 3-10 minutes

- ✓ Take a slow walk around your home.
- ✓ Movement helps gravity do its job.
- ✓ Let your body move naturally.

✦ Even a few minutes can make a difference.



3 GENTLE SQUAT 30-60 seconds

- ✓ Feet a little wider than hips.
- ✓ Squat down, keep your chest lifted.
- ✓ Rest your elbows on your knees.
- ✓ Breathe and relax.

✦ This can help open your pelvic floor and encourage release.



4 CLOCKWISE ABDOMINAL MASSAGE 2-5 minutes

- ✓ Use your right hand.
- ✓ Start on the lower right side of your abdomen.
- ✓ Massage gently in a clockwise circle.
- ✓ Go slowly and breathe.
- ✓ Use light to moderate pressure.

✦ This follows the path of your colon and can help things move.



RETAINED WATER ONLY

These movements are for helping water already inside come out. Do not add more water while doing them, and do not use them to force a deeper clean.

REMEMBER

- Go slow.
- Listen to your body.
- Stop if something doesn't feel right.
- Clean enough is enough.



GODDESS VIKTORIA SWAY

Movement can help. Force does not.

EDUCATIONAL GUIDE

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YOU'RE READY — NOW WHAT?

Finish with care. Aftercare matters.



GODDESS'S RULE

Clean enough
is enough.
You did it right.

WAIT BEFORE PLAY

Give your body time after the final rinse.

- Wait about 1 hour after your final rinse.
- Use this time to hydrate, relax, and stay near a toilet.
- If urgency, bloating, or cramping persists, delay play.

AFTERCARE

- Stay near a toilet; retained water can return.
- Hydrate normally and rest if you feel crampy or unsettled.
- Delay play if you still have urgency, bloating, or cramping.
- Persistent pain, significant bleeding, fever, or faintness: stop and seek medical care.



NEVER SHARE

For your health and safety, never share your enema bottle or nozzle.

- Sharing can spread bacteria.
- Each person should use their own.
- It's a simple step that protects you.

Your health is your power.



MAKE PREP EASIER OVER TIME

- Regular, formed bowel movements make prep easier.
- Fiber-rich foods can help stool stay formed.
- Stay hydrated.
- A regular routine can help.



CLEAN YOUR EQUIPMENT

Keeping your equipment clean keeps you safe.

- ✓ Rinse the bottle and nozzle with warm water right away.
- ✓ Wash with mild soap and warm water.
- ✓ Rinse thoroughly until all soap is gone.
- ✓ Let the bottle air dry completely with the cap off.
- ✓ Store clean and dry.



BARRIER NOTE

- Water-, silicone-, and oil-based lubricants can all be comfortable for the body.
- If you use a LATEX condom or latex dental dam, use water- or silicone-based lubricant; oil can weaken latex.
- With non-latex barriers, follow the manufacturer's lubricant guidance.

FINAL CHECK

- No urgency or significant cramping.
- You feel comfortable and settled.
- Your final rinse was about an hour ago.

GODDESS VIKTORIA SWAY

Give your body about an hour after the final rinse.

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SHOPPING LIST — TOOLS THAT HELP

Good tools make the process easier, safer, and more comfortable.

GODDESS'S RULE

Buy simple. Buy safe.
Keep it yours.



You don't need anything fancy.
Choose what feels right for you and your body.
Quality, clean tools make all the difference.

★ QUICK TIP

Start simple. You can always
add other options later.



CHOOSE YOUR RINSING TOOL

1. EMPTY FLEET® BOTTLE

The most popular choice.

- ✓ Easy to use
- ✓ Control the flow
- ✓ Portable
- ✓ Inexpensive
- ✓ Widely available

BOTTLE ONLY

Discard the sodium-phosphate
solution and rinse the bottle
before use.

2. ENEMA BULB

- Soft bulb for gentle control
- Smooth, rounded tip
- Easy to clean
- Choose a size you can control

3. SHOWER ATTACHMENT

OPTIONAL - EXTRA CAUTION

- Use the lowest practical pressure
- Use lukewarm water only
- No deep insertion is needed
- Pressure and temperature can change quickly

WHAT TO LOOK FOR

- Smooth, rounded nozzles or tips
- Easy to clean and air-dry
- Good control over flow and pressure
- Comfortable size and shape for your body

WHAT TO AVOID

- Rough edges or irritating materials
- High or unpredictable pressure
- Complicated equipment you cannot clean well
- Anything that causes pain or sharp pressure

LUBRICANT

- Use a lubricant that is comfortable for your body.
- Water-, silicone-, or oil-based can all work for this purpose.
- If a latex barrier will be used later, choose water- or silicone-based lubricant.

OPTIONAL EXTRAS

- Measuring cup or small pitcher
- Clean towel or washable mat
- Small storage bag
- Extra smooth nozzle or tip

WHERE TO BUY

- Drugstores / pharmacies
- Online retailers
- Medical-supply or adult-wellness stores

MEDICAL NOTES

Fleet 'Saline Enema' is a sodium-phosphate laxative, not normal saline. Shower attachments require the most pressure and temperature control.

GODDESS VIKTORIA SWAY

Simple tools. Low pressure. Your equipment only.

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Not a substitute for medical care. Stop for severe pain, significant bleeding, fever, fainting, or worsening cramping.

Medical references: DailyMed Fleet label; CDC condom guidance; MedlinePlus/NHS; SFAF; PubMed douching reviews.