



Product Information

ENEMEEZ® contains a delivered dose of 283mg of docusate sodium (1 teaspoon of liquid in a small 4-inch tube). This non-irritating formula provides fast, predictable constipation relief typically within 2-15 minutes.¹ ENEMEEZ® products have shown to be effective for bowel care needs associated with **spinal cord injury or disease and general constipation**. Please see label for complete information.

ENEMEEZ® Plus includes 20mg of benzocaine, assisting in the anesthetization of the rectum and lower bowel. The formulation was developed for patients who experience painful bowel movements. **The ENEMEEZ® Plus can reduce Autonomic Dysreflexia symptoms during bowel care.**

- ▶ Fast, predictable results typically in **2-15 minutes**.¹
- ▶ Can assist in **reducing time spent** for dressing/ redressing due to episodes of incontinence or fecal discharge.²
- ▶ Can **virtually eliminate episodes of incontinence**.³ No mucosal discharge⁴; helps to maintain healthy skin integrity.
- ▶ Non-irritating formula. **No after-burn**.
- ▶ **Easy rectal usage** for patients with reflux issues or nausea.

Dosage

ENEMEEZ® and ENEMEEZ® Plus - For adults and children 12 years of age and older For children 2 to 12 years of age **ENEMEEZ® KIDS** (100 mg. of docusate sodium) is available for use with adult supervision, consult a physician prior to use.

ENEMEEZ® is to be used rectally. Product is not a suppository. Do not take orally.

Positioning

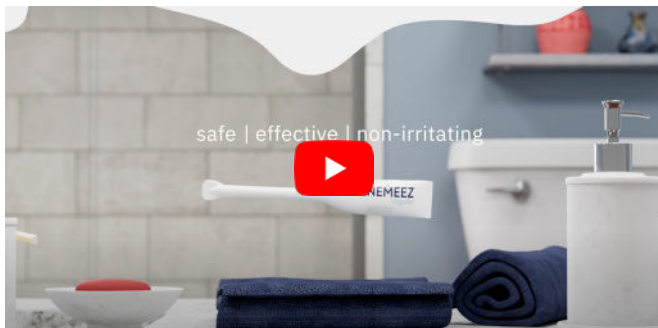
For best results, lay on left side with knees bent.

Alternate position:

Administer while seated on the toilet.

Kneel, then lower head and chest forward until side of face is resting on the surface.

How to Use



Scan for
Video Tutorial
enemeez.com/how-to-use

Administration

1. Clear stool from the rectal opening, as you do not want to insert directly into feces.
2. Twist o and remove tip.
3. Lubricate tip prior to insertion. Place a few drops of the tube's liquid content on the shaft prior to insertion.
4. Also apply liquid content or lubricant to the anus before inserting the mini-enema.
5. With steady pressure, gently insert the tube into the rectum with care to prevent damage to the rectal wall. Insert up to the shoulder of the tube.
6. Squeeze to empty the contents.
7. Keep the tube squeezed until it is removed from the rectum.
8. After the contents have been emptied, remove the disposable tube and discard. A small amount of liquid may remain in the unit after use.

Availability

ENEMEEZ® and ENEMEEZ® Plus are available in boxes of 30 single use 5mL tubes or 5-count boxes.

Coverage and Availability

- ▶ **Medicaid coverage:** ENEMEEZ® is covered in United States by Medicaid, requiring little to no out-of-pocket cost to the patient. Check your individual state coverage.
- ▶ **Private insurance:** Many private insurance plans cover the cost of ENEMEEZ®. We recommend that individuals contact their insurance companies and inquire if ENEMEEZ® is on their formulary plan. If it is not, request a prior authorization form, which should be completed and submitted to the insurance company by the prescribing physician.
- ▶ **Discount Prescription Card:** GoodRx
- ▶ **VA Federal Supply Schedule:** ENEMEEZ® is listed on the VA Federal Supply Schedule and must be requested by brand name. Please consult your healthcare provider.
- ▶ **Patient Assistance Program:** Patients experiencing financial hardship may qualify for our Patient Assistance Program. Please contact customer care at Quest Products.
- ▶ **Direct Purchase:** Buy directly at www.Enemeez.com/shop
- ▶ **Workmen's Comp:** Contact your workers' compensation insurance provider for information about coverage specifics.

Warnings

For rectal use only. Drug Interaction Precaution: Do not take this product if you are presently taking mineral oil, unless directed by a doctor.

- Laxative products should not be taken if abdominal pain, nausea or vomiting are present.
- Laxative products for a period longer than 1 week unless directed by a doctor. Noticed a sudden change in bowel habits that persist over a period of 2 weeks.

When Switching to ENEMEEZ®

If you have been using a bisacodyl product, please keep in mind that bisacodyl is a stimulant laxative, which irritates the rectal mucosa. Neutrophils can persist in the mucosa for up to 30 hours after insertion of the bisacodyl, possibly leading to inflamed rectal mucosa, producing a mucousal discharge. Mucosal discharge may occur up to three (3) days after discontinuing bisacodyl. You should allow time for your body to heal from the use of the bisacodyl product in order to produce an improved bowel movement with the ENEMEEZ® product. With older post injury patients, please allow at least five (5) or more bowel care sessions for the body to acclimate to ENEMEEZ®. If you do not experience an improvement, please phone your physician.

Diet and fluid intake will play an important part in improving your bowel care program with ENEMEEZ®.



Stop use and ask a physician if you have:

- Rectal bleeding.
- Noticed a sudden change in bowel habits that persist over a period of two weeks.
- Failed to have a bowel movement after use.

Pregnant or Lactating Women, ask a health professional before use. Keep out of reach of children. In case of accidental ingestion, get medical help or contact a Poison Control Center immediately.

Foods that keep stool solid but soft

Foods that are higher in fiber can absorb liquids, which help make your stool solid, but soft and easy to pass. Examples of high-fiber foods are fresh fruits, vegetables, dried peas, beans, whole grain cereals, and breads. It's best to get the dietary fiber you need from a variety of food sources. A starting goal of at least 15 grams of fiber each day is recommended as part of a healthy diet.

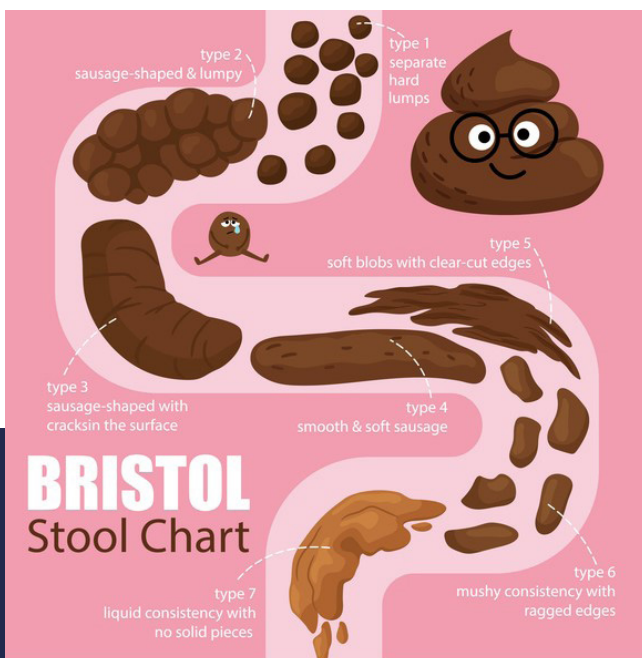
An increase of fiber is recommended only if it is necessary to produce a soft-formed stool. Fiber absorbs water, which helps to bulk up and soften stool, making it easier to pass. Without enough water, fiber can actually lead to constipation and even worsen it.

It's a good idea to increase this amount gradually over a six week period to prevent a bloated feeling and too much gas. If you can't eat as much fiber you may want to talk to your healthcare professional on suggestions for fiber supplements.

How much should I drink everyday?

You should drink plenty of fluids everyday to keep your body hydrated and stool soft to prevent constipation. A good guideline is 64 ounces everyday (drinks with alcohol or caffeine do not count). If you exercise a lot or the weather is hot, increase fluid intake. Some people may need to limit how much they drink because of their bladder program. Talk with your healthcare provider about a good daily fluid goal that will work for both your bladder program and your bowel care program. Consult your physician regarding your individual needs.

Bristol Stool Chart



Important

Not everyone will benefit from a high-fiber diet. You need to recall how much fiber you had in your diet before your injury or disease versus how much you eat now. Speak with your healthcare professional.

Red Flags of an Ineffective Bowel Program

- ▶ Hard, rocky, marble size or larger round "ball" stools
- ▶ Program is longer than 30 minutes to an hour
- ▶ Accidents or incontinence (fecal overflow, mucosal discharge)
- ▶ Skin irritation as a result of incontinence
- ▶ Excessive gas
- ▶ Lifestyle revolves around bowel management program
- ▶ Complaints of a continued feeling to move bowels

What is a bowel care record?

A Bowel Care Record helps you and your healthcare professional decide whether your bowel program is working. Every time you do bowel care, write down the results. A bowel care record is included on the reverse side of this information sheet.

The Bristol Stool Chart classifies stools into seven types. Ideally, the best type of stool falls within the middle of the chart:
Type three: Like a sausage but with cracks on its surface
Type four: Like a sausage or snake, smooth and soft These types indicate a healthy bowel movement, reflecting a good balance of hydration and fiber in your diet.

