



1-Assistance for Defecation.  
An Enema bottle with a pump.

For the past 20 years, I have had constipation and difficulty defecating. I have used many brands of laxatives and various doses. Unfortunately, I never found a brand or a dosage rate that worked. The feces would be hard, and I would have to strain or runny like diarrhea. As a result, I had several disasters from bowel movements that I could not control.

To solve my defecation problems, I purchased a Cleanstream Pump Action Enema Bottle with Nozzle at Amazon for \$17.37. **I no longer take Laxatives. I do not have to strain or have a runny stool I can't control. I no longer have any defecation problems.**

To lubricate the nozzle, I stick it in a jar of Vaseline. If I feel resistance an inch or two after the nozzle enters, I pump water, and the resistance will be gone. If it pumps hard, I move the nozzle in and out an inch or two as I pump. When the water gets to about 1/2-inch from the bottom of the bottle, I feel discomfort, which tells me it is time to pull out the nozzle. When I pull out the nozzle, water and feces shoot out in the toilet in one shot. There is no additional discharge. When I wipe, there is seldom any feces on the toilet paper. **I highly recommend this device.** If you have any questions, please contact me at 217-259-2229 or dredgesp@mchai.com. Don Searles