

Colenzing is a self administered enema facilitated by gently introducing warm filtered water into the colon through a small flexible rectal nozzle that is 1/4" in diameter, rounded on the end and lubricated for easy insertion. The water is gravity fed through medical grade tubing from a specially designed container mounted about 4' above the *colenz*® board where the recipient is laying supine with the head and shoulders slightly elevated. As the water hydrates and softens the bowel matter, the body naturally eliminates the loose material through a collection scoop on the board and cleanly deposits the waste into the toilet or bowl. This process continues for a period of time allowing the water to eventually hydrate and cleanse the entire colon or bowel.