

# Anal Douching Guide

First of all, **douching is a preference not a necessity for anal sex**. Some guys feel confident having anal sex without douching while others prefer to clean out their ass via the douche.

\*\*It is important to note that douching can strip the rectum of its protective mucus lining and also irritate it making it easier for HIV and other STI's to be transmitted.

\*\*Do not use store-bought douche or enema solutions as they can irritate your rectal lining and increase risk of STI transmission.

## Types of Douches:

### Shower Douche

Easier and with less mess than the bulb douche, the shower douche is ideal for a quick clean or a deeper cleaning. All the mess goes directly down the drain. However, water pressure and temperature may be hard to control depending on your building's plumbing - resulting in burns or trauma inside your rectum/colon.

### Bulb Douche

Convenient for travel and good for quickly cleaning out the rectum but can be messy and difficult to deep clean.

### Water Bottle

A water bottle can be used in a pinch

**NOTE** - ideally you should **douche at least two before** you plan to have sex to allow for the rectum's protective mucus lining to replenish.

## Basic Douching Steps

1. Clean the nozzle and douche bulb with toy cleaner to ensure there is no bacteria.
2. Use lukewarm water and fill the douche bulb.
3. Lube up your asshole and the douche nozzle.
4. Squeeze the douche slowly and feel the water fill you up. People's rectums are different sizes so it may take some practice to figure out how much water is needed. You do NOT want to overfill as this can force water past the rectum deeper into the colon where you may stir up things that are better left up there (unless you're doing a deep douche which is time consuming).
5. Hold the water inside your ass for a few seconds and then let it out in the toilet or in the shower. Some people find dancing around and wiggling the mid-section while the water is inside them helps to get things out.
6. Once the water coming out of your ass is clear and has no smell you should be good for some ass play!

## Tips

- Douching often takes time and practice. It's important to remember that shit sometimes happens during sex even if you've prepared by douching. Don't be embarrassed and try to learn from it for the next douching session.
- Wait a bit after your initial cleaning and squirt a tiny bit of water up after about 15-20 minutes to get any remnants out.
- Also douching too close to a sexual encounter may result in water not fully being evacuated and sex may end in a wet brown mess.
- Consider taking a daily fiber supplement or adding more fiber through your diet. This helps to flush things out.

**More comprehensive guides can be found at:**

<https://howtocleanyourass.wordpress.com>

<https://www.ohjoysexttoy.com/anal-sex-preparation>