

PRELUDE

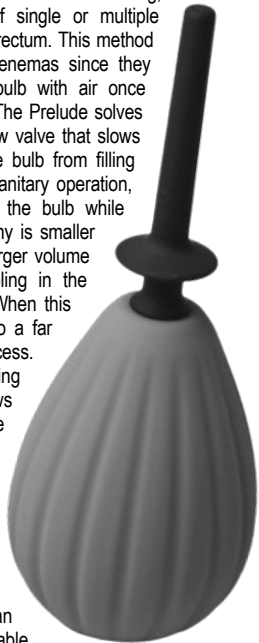
ENEMA BULB KIT



USER GUIDE

PLEASE READ INSTRUCTIONS THOROUGHLY BEFORE USE

The Prelude offers a new approach to internal cleansing, one that introduces the option of single or multiple smaller volume rinses to clean the rectum. This method is not possible with conventional enemas since they discharge too quickly, filling the bulb with air once ones grip on the bulb is released. The Prelude solves this via a special one-way, slow-flow valve that slows the flow of liquid and prevents the bulb from filling with air. The valve also assures sanitary operation, preventing backflow of liquid into the bulb while the nozzle is inside the rectum. Why is smaller volume rinsing better? Because larger volume rinsing often results in liquid pooling in the colon where it triggers cramping. When this occurs, it generally commits one to a far more time-intensive cleansing process. Why slow-flow? Because introducing liquid into the body slowly allows more control, avoiding the pressure and subsequent cramping caused by a sudden surge of a large amount of fluid into the rectum. For most people, the concept of a pre-recreational enema is about cleaning the rectum, not the entire lower digestive tract. The Prelude makes this possible, providing for an easier, quicker and more comfortable cleansing session.



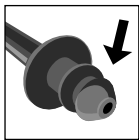
BEFORE YOUR FIRST USE

Before your first cleansing session, wash the Prelude inside and out with warm water and liquid soap (See “cleaning” section for details)

DIRECTIONS



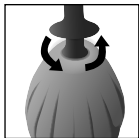
The Prelude is designed for use with water only! Fill the Prelude bulb with water that is as close to body-temperature as possible. Using water that is significantly warmer ($> 104^{\circ}$) or cooler ($< 90^{\circ}$) may irritate the rectum and result in cramping.



Lubricate the bottom of the nozzle stopper (the fitting that inserts into the bulb opening) with a small amount of a water-based, lubricant, just enough to make it appear wet. (*Never use silicone-based or petroleum oil based personal lubricants with the Prelude as they will damage the device and void your warranty).



Grasp the nozzle by the disk in the center (the flange) in one hand and the filled bulb in the other (try to avoid squeezing the bulb at this time). Gently but firmly insert the nozzle stopper into the bulb opening. You'll hear a snapping sound indicating it's fully inserted.



Once inside, give the nozzle a very slight turn, this seats it, making it water-tight. Liberally lubricate the nozzle barrel, (avoid lubricating the flange as you'll be using it to detach the nozzle later). The Prelude is now ready for use.

CLEANSING WITH THE PRELUDE

The Prelude holds a total of 10 fluid ounces. This volume accommodates a range of between one large rinse and 4 small rinses of the rectum without refilling. The concept of introducing smaller amounts of water into the rectum is about lubricating any waste that may be present, so it can be easily evacuated without triggering involuntary contraction of the rectum and colon. If you would like to try this method, start with 2 - 3 fluid ounces of water (roughly a third of the bulb's volume). If you prefer, the Prelude may be used in the traditional manner with one larger application of water. For proper operation, the nozzle should be inserted a minimum of 2 inches inside the anus with a maximum insertion down to the top of the nozzle flange. The flange is provided as a guide to limit the depth of insertion and as a safety measure to prevent total nozzle insertion. **Never attempt to insert the nozzle past the flange, as this may result in the nozzle becoming detached inside your rectum.**

RINSE AND REPEAT

When squeezing the Prelude, you may notice there is more resistance than a conventional enema bulb. While a typical enema takes one or two seconds to empty, the Prelude takes between 30 and 45 seconds to fully discharge. This is normal and is necessary for the slow-flow nozzle to function properly. Therefore, you may not feel the internal pressure with a small volume that you are accustomed to with a larger volume of fluid. Again, this is to be expected. Bear in mind, the best measure of how much liquid you've used will be indicated by the amount of compression of the enema bulb. This can be determined by feeling the bulb with your hand or by removing the nozzle and

examining the bulb. If you do remove the nozzle, you will notice the bulb does not repressurize with air. This will allow you to resume your rinsing session (without blowing air into your body) or to evacuate the liquid from your rectum before continuing with a second rinsing. If necessary, relubricate the nozzle when re-introducing it into your rectum.

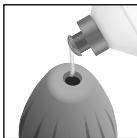
CLEANING THE PRELUDE



Prior to cleaning, remove the Prelude nozzle from the bulb using your index and middle fingers like a fork placing them under the nozzle flange. Hold onto the bulb with the other hand and pull up firmly on the nozzle until it detaches. This operation allows you to easily remove the nozzle without touching the surfaces that were inside your body.



Clean the Prelude with liquid soap and warm water starting with the exteriors of the nozzle and bulb.



To clean inside the bulb, squirt a small drop of liquid soap in the opening and fill half-way with warm water. Attach the nozzle to the bulb (as described in the directions above). No lubrication should be needed for this step, the soapy water should suffice.

CLEANING THE PRELUDE (CONTINUED)



Shake the bulb vigorously. To clean inside the nozzle, pinch the tip and squeeze the bulb, this will open the valve and allow the soapy fluid to flow through freely. Detach the nozzle from the bulb and rinse both parts well. Pat dry with a lint-free cloth and invert

on a dish rack or a paper towel to allow the bulb to fully dry before storing.

Never insert anything inside the nozzle as this will damage it and void your warranty. Never use harsh chemicals or solvents to clean the Prelude as they can degrade the silicone and void your warranty.

WARNINGS

The Prelude is not a medical device and should not be used as a treatment for constipation, fecal impaction or any other medical condition. If you are experiencing these issues or have any concerns regarding your health in general, consult your physician before using this device. Do not use the Prelude on any area of the body that is swollen, inflamed or where the skin is broken. The Prelude should always be used with a generous amount of lubrication. Insufficient lubrication may cause pain, discomfort and/or tearing of anal tissues. Never attempt to insert the Prelude nozzle into your body all the way down to the bulb. The Prelude's nozzle flange is provided as a guide for maximum depth of insertion and to prevent total nozzle insertion. Should this occur and the nozzle becomes detached, seek immediate

WARNINGS (CONTINUED)

medical attention. Discontinue use if you experience discomfort, pain, irritation, swelling, bleeding, pain or loss of sensation. Do not use this device while under the influence of drugs or alcohol as they may impair your judgement and increase the risk of injury. Do not use desensitizing creams or sprays prior to insertion as this will inhibit your perception of pain or discomfort and may influence your ability to detect possible injury. Consult your physician before use of this device if you any have the following health conditions: active Crohn's disease, active Ulcerative Colitis (UC), Inflammatory Bowel Disease (IBD), Inflammatory Bowel Syndrome (IBS), and rectal or anal bleeding. If you experience any complications when using this device, discontinue use immediately and seek medical attention. To prevent the risk of transmitting pathogens, do not share the Prelude with other people.

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