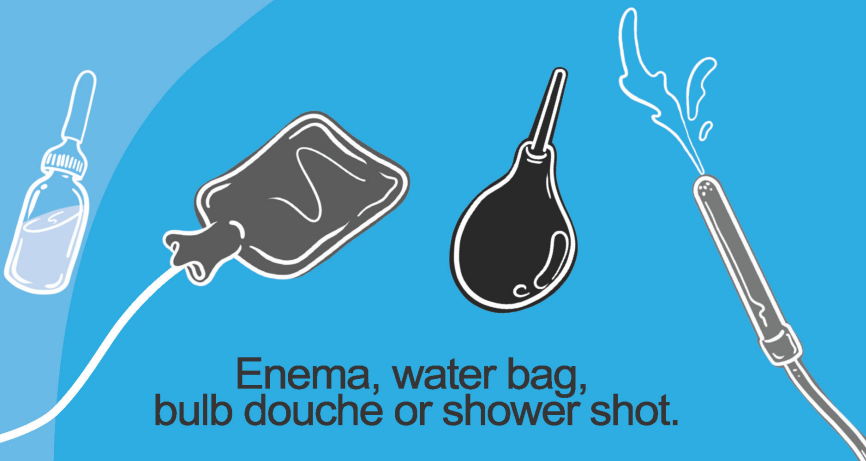


# Douching

*go with the flow...*

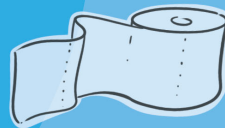
## 1 Gadget selection



## 2

### *Poo!*

As glamorous as it sounds.



## 3 Prep your douche



## 4

### *Going in*

Get into a comfortable position. Not too much water, not too much pressure.



## 5

### *Going out*

Release and \*repeat steps 3-5 until your river runs clear.

\*5 times or so.



## 6

### *Wait a bit*

You're tender back there, and there could be more.

Wait around for an hour before playtime.



Find out more at:  
[www.actoronto.org/douching](http://www.actoronto.org/douching)

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