

The Double Delights of Douching

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Rectal Douching

- Rectal douching within the context of anal intercourse is a common practice acknowledged in academic literature, social media, and gay websites.

[AIDS and Behavior](#)

pp 1-9 | [Cite as](#)

Rectal Douching Among Men Who Have Sex with Men in Paris: Implications for HIV/STI Risk Behaviors and Rectal Microbicide Development

Authors [Authors and affiliations](#)

H. Rhodes Hambrick, Su Hyun Park, William S.

Noah T. Kreski, Ofole Mgbako, D.

17 Tips for Happier, Healthier Bottoming
By Alexander Cheves



CLEANING OUT - For Anal Sex

BMJ Open

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Article Text

Article menu

HIV/AIDS
Research

Prevalence and types of rectal douches used for anal intercourse among men who have sex with men in Brazil



[Luiz Carlos Ribeiro Lamblet¹](#), [Roberto José Carvalho da Silva²](#)



TOP 5 ANAL DOUCHING SAFETY TIPS



(Introducing: Douchie McDoucherson)



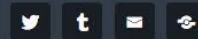
- 1. DON'T JUST SHOVE ME IN!**
 Loosen up your internal butt muscle (sphincter) with a lubed up finger before pushing anything up your butt.
- 2. LUBE, LUBE, LUBE.**
 Lube up your butt and my nozzle (or your shower shot) first.
- 3. GO EASY WITH THE SPRAY!**
 You don't need to spray too much water. If you're using a shower shot, start with the lowest water setting at first.
- 4. GIVE YOURSELF TIME BEFORE SEX.**
 Make sure you're near a toilet while you wait for all the water to come back out.
- 5. DON'T DOUCHE TOO MUCH.**
 If you can, limit yourself to once a day, and only 2-3 times per week.

by San Francisco AIDS Foundation

HOW TO CLEAN YOUR ASS BEFORE ANAL SEX

Illustrated guide for douching your rectum, how to properly get an enema in your own shower. Get your ass clean for fucking, fisting, dildoes, rimming, anal play.

- 🇬🇧 English
 - 🇪🇸 Español
 - 🇰🇷 Korean
 - 🇵🇹 Portuguese
 - 🇷🇴 Romanian
 - 🇷🇺 Russian
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HOW TO CLEAN YOUR ASS BEFORE ANAL SEX

WRITTEN AND ILLUSTRATED BY BLINDJAW

THERE ARE TWO TYPES OF CLEANING

FAST

10 TO 30 MINUTES. FOR A QUICKIE, TO GET POUNDED IN THE NEXT COUPLE OF HOURS.

FULL

30 MINUTES TO 2 HOURS. LONG SESSIONS, MONSTER DICKS, BAD DRAGON DILDOES, FISTING.

CHOOSE YOUR WEAPON

BEST CHOICE			
> time saving	=====	=====	=====
> ease of use	=====	=====	=====
> economical	=====	=====	=====

- SHOWER HOSE:** BUY ON AMAZON. CONTROL FLOW. MULTIPLE NOZZLES.
- ENEMA BULB:** PACK IT FOR TRIPS. EASY TO REFILL, CLEAN, AND HIDE.
- FLEET ENEMA:** DUMP IRRITATING LIQUID FIRST! FILL WITH WARM WATER.
- ENEMA BAG:** OLD SCHOOL. CLASSY HIPSTER. SLOW AND METHODOCAL.

PRO TIP!

HERMIONE THE HEMORRHOID SAYS: TRAPPED IN A HOTEL ROOM WITH NO TOOLS? LOCATE A VENDING MACHINE, WATER BOTTLES WORK GREAT! DO NOT SCREW IT IN, BE GENTLE. JUST LEAN IT AGAINST YOUR ASS AND SQUEEZE. RE-FRE-ESHING!

DREAM: Development of a Rectal Enema As Microbicide


- U19 IPCP Program to develop a tenofovir rectal douche for HIV prevention (Hendrix, PI)
- To inform product development and clinical trial design, questions about men's rectal douching behaviors were identified
- A review of academic literature and social media instructional videos summarized current knowledge

[AIDS and Behavior](#)

pp 1-7 | [Cite as](#)

Rectal Douching Associated with Receptive Anal Intercourse: A Literature Review

[Authors](#) [Authors and affiliations](#)

Alex Carballo-Diéguez , Cody Lentz, Rebecca Giguere, Edward J. Fuchs,

Craig W. Hendrix

Filling the gap

- To fill gaps in knowledge, we conducted an Internet-based survey of Grindr users in the US
- Internet survey was completed using National Grindr Inbox Message and Regional Broadcasts
 - “Clean, safe and ready!”
- Pop up box for targeted regions
 - New York, NY
 - San Juan, PR
 - Atlanta, GA
 - Jackson, MS



DREAM
DEVELOPMENT OF A RECTAL ENEMA AS MICROBICIDE

What if you could get fresh down there AND prevent HIV?



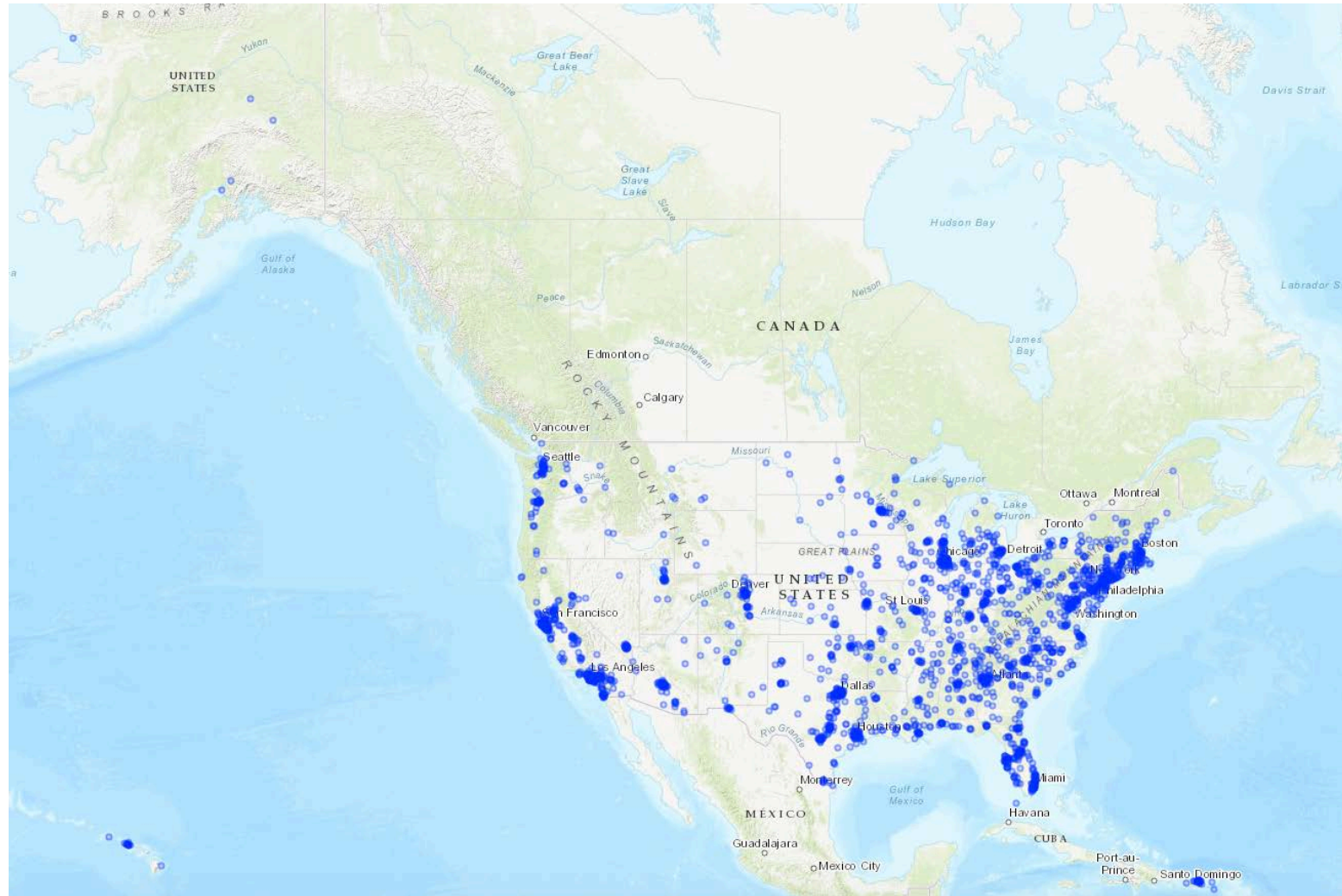
Tell us what you think!

[CLICK HERE](#)

DREAM Internet Survey Respondents

- Inbox message (10-27-2017) = 7,000 clicks
- Four broadcasts (11-11-2017) = additional 500 clicks
- 4,751 respondents met eligibility criteria (18+ years old, born male)
- 98% men, 1% transgender, 1% other (non-binary, gender fluid, etc.)
- Mean age of respondents was 36 years old (SD=12.91)
- Respondents came from all 50 states, Washington, DC, Puerto Rico, the US Virgin Islands, and military PO's

DREAM Internet Survey Respondents



DREAM Internet Survey Respondents (N= 4751)

Race/Ethnicity*	N (%)
White	2182 (53%)
Latino	813 (20%)
African-American	607 (15%)
Asian/Pacific Islander	261 (6%)
Other	220 (5%)
Native American	36 (1%)
Current Residence*	
Urban	2159 (53%)
Suburban	1492 (36%)
Rural	450 (11%)
HIV Status*	
Negative	3263 (81%)
Positive	404 (11%)
Don't know	258 (6%)
Prefer not to answer	84 (2%)

*Not all participants provided data for each variable.

Behavior and Attitudes of Respondents

Sub-sample	Behavior/Attitude	N* (%)
All respondents	Had RAI (receptive anal intercourse), past 3 months	3,473 (78%)
Respondents who report RAI	Douche before RAI	2693 (80%)
Respondents who report RAI	Douche after RAI	869 (27%)
Respondents who do not report RAI	Ever had insertive anal intercourse	1,018 (81%)
Respondents who report IAI	Ever asked partner to use douche before IAI	637 (63%)

*Total Ns are those among subsample with non-missing data

Reasons for Douching



2. Find a cleaning regimen that works for you.

Reasons for Douching or Not Douching

Reasons for Douching	%
I wanted to be clean	97%
I didn't want to smell	65%
Douching enhances sexual pleasure	24%
Douching might prevent infections	10%
My sex partner suggested it	6%
Reasons for Not Douching	%
Never thought about it	56%
Don't feel any need	29%
Might be harmful to health	15%
Cramps/side effects	6%

“Other” Reasons Given

- For Douching
 - For my partner (N=7)
 - To prepare for rimming (N=5)
 - It's expected (N=3)
- For Not Douching
 - Did not have one (N=16)
 - Don't know how (N=11)
 - Unplanned sex (N=9)
 - Inconvenience (N=8)
 - Don't like it (N=7)

Devices

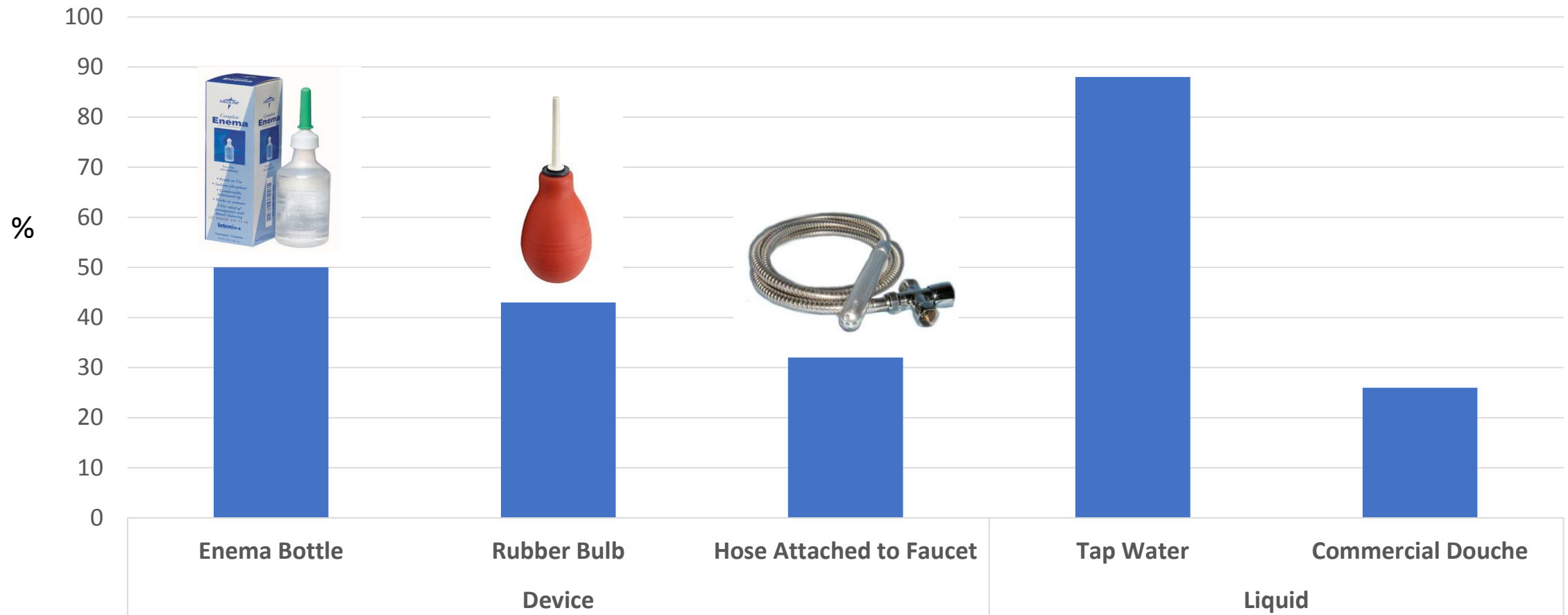


3. If you clean out with a douching bulb or enema, take your time. SHUTTERSTOCK



4. If you clean with a shower attachment, relax.

Device and Liquid Used



“Other” Devices/Liquids Used

- Other devices commonly referenced via write-in responses:



Water/soda bottle (N=43)



Douche bag (N=46)

- Other liquids commonly referenced via write-in responses:
 - Soap (N=24)
 - Saline (N=9)
 - Vinegar (N=7)

Timing

Timing and Anal Douching



FILL 'ER UP!

FAST

FULL

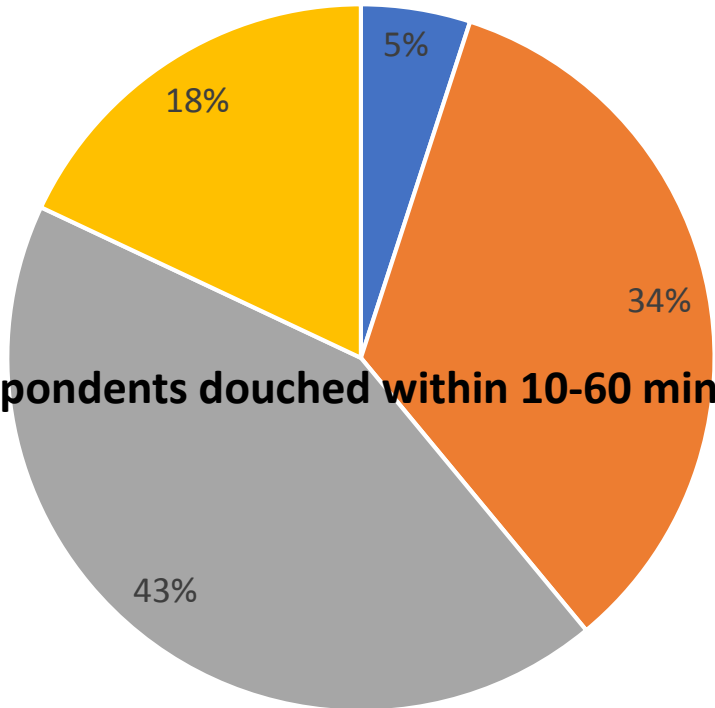


COUNT TO 5 TO FILL YOUR RECTUM WITH WATER. DO NOT OVERFILL, IF YOU GO PAST THE SIGMOID, YOU ARE SCREWED.

COUNT TO 30, YOU NEED TO FILL ALL THE WAY UP THE ASCENDING COLON, AND THE TRANSVERSE COLON.

Timing of Douche With Sex

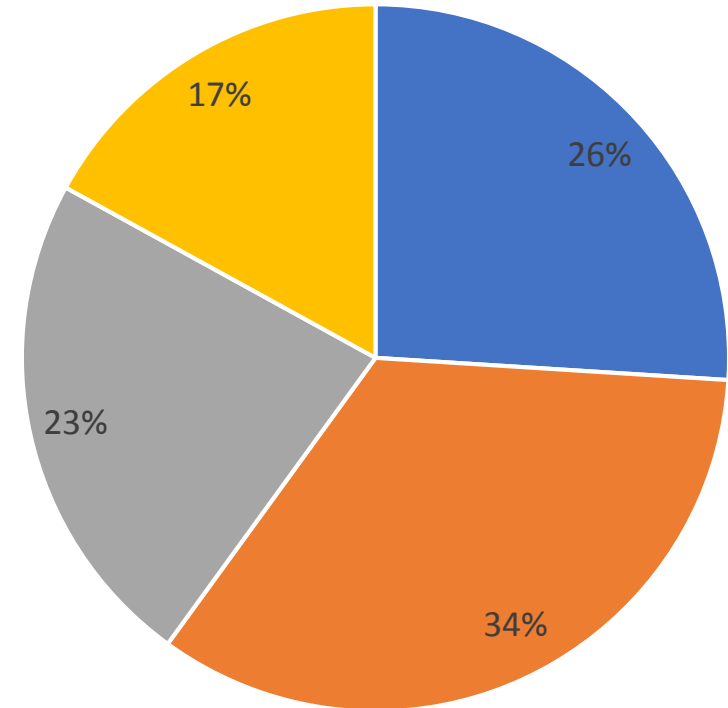
Timing of Douche Before Sex



77% of respondents douched within 10-60 mins before sex

- Less than 10 minutes
- 10-30 minutes
- 30-60 minutes
- More than 1 hour

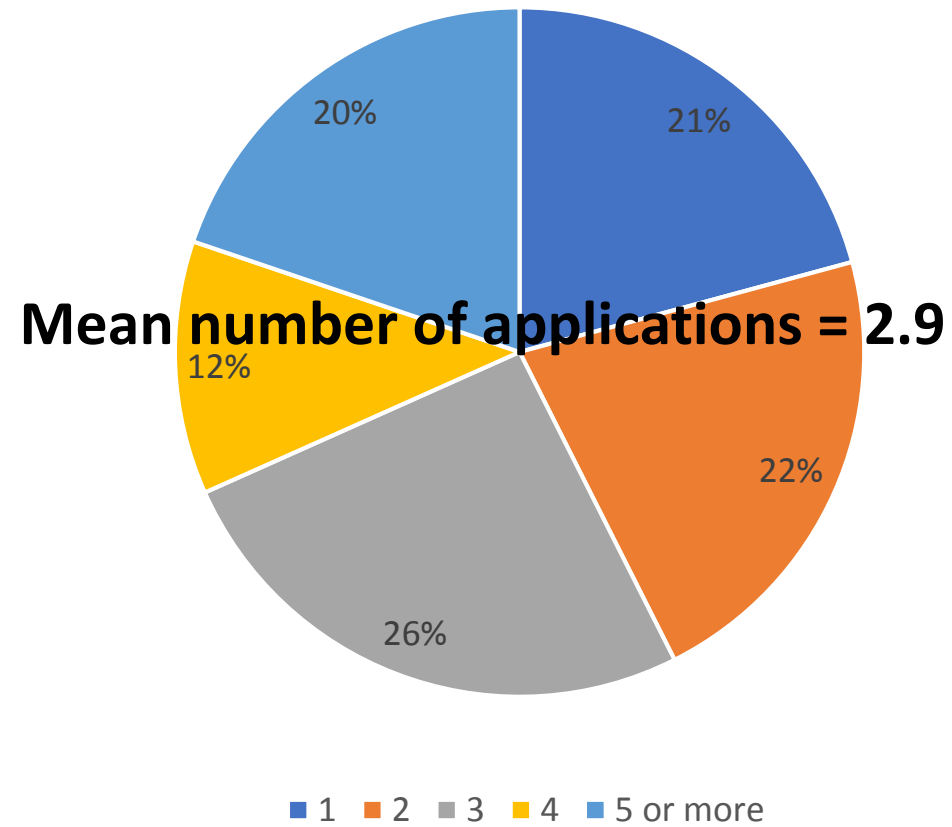
Timing of Douche After Sex



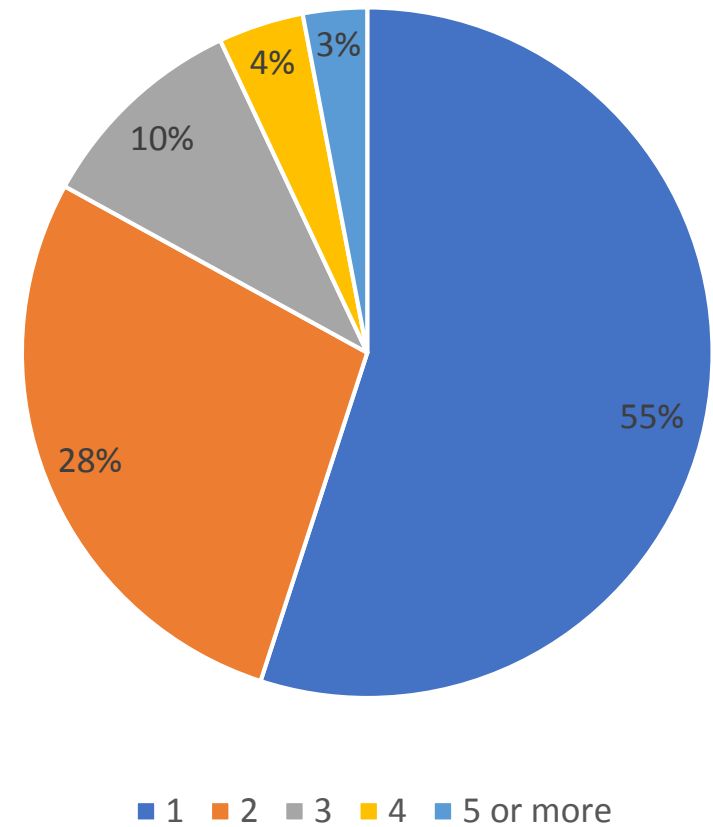
- Less than 10 minutes
- 10-30 minutes
- 30-60 minutes
- More than 1 hour

Number of Douche Applications

Number of Applications Before Sex

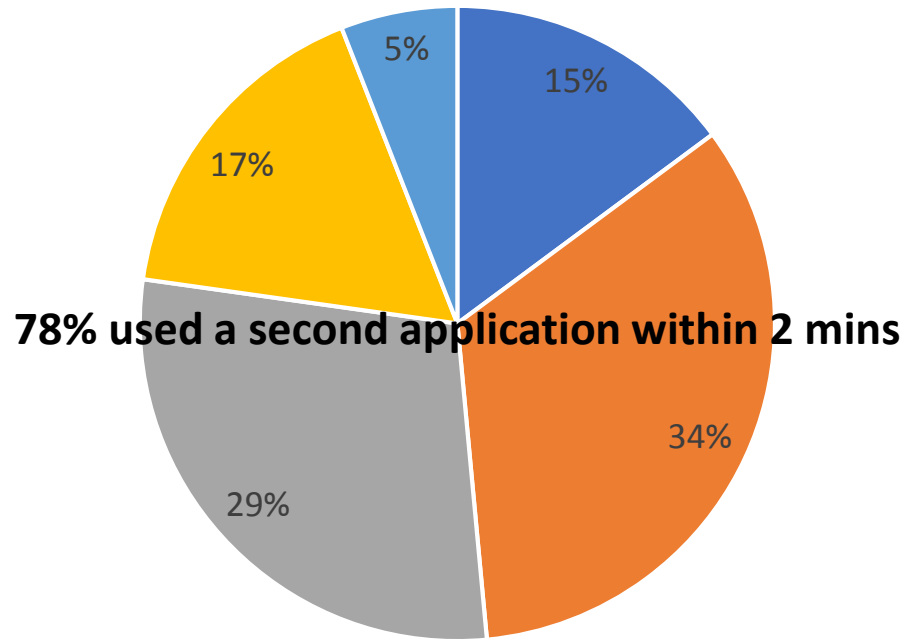


Number of Applications After Sex



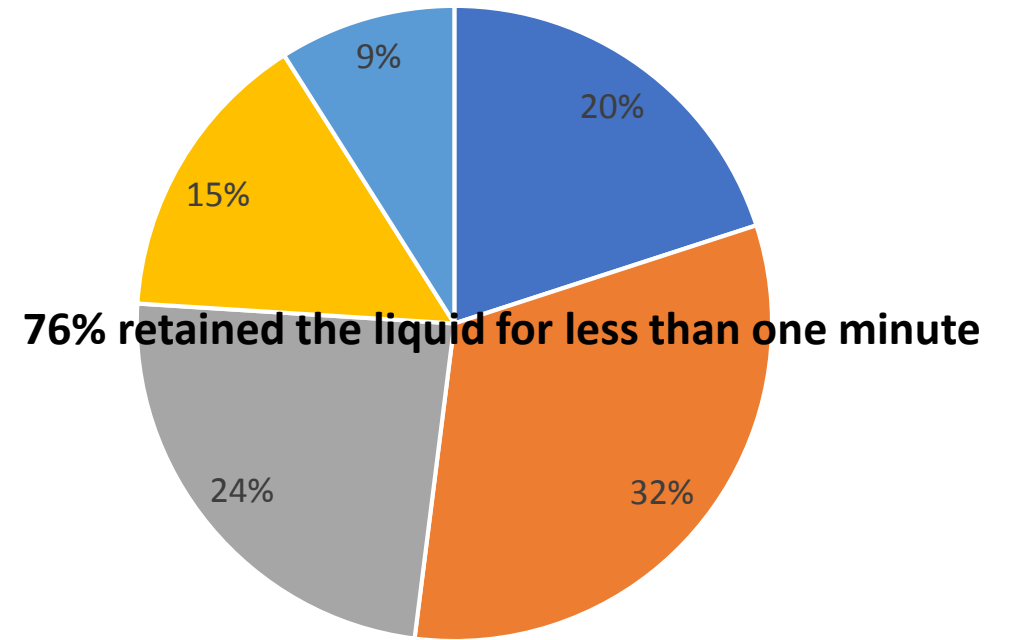
Lapse Between Applications and Retention

Time Between First & Second Applications



- Less than 30 seconds
- 30-60 seconds
- 1-2 minutes
- 2-5 minutes
- More than 5 minutes

Time of Douche Retention



- Less than 15 seconds
- 15-30 seconds
- 30-60 seconds
- 1-2 minutes
- More than 2 minutes

Tops

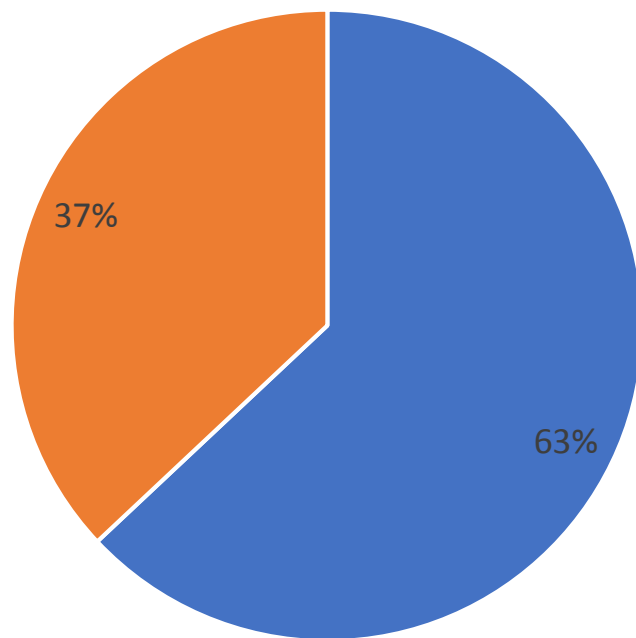


16. Work with your tops.

MORE+

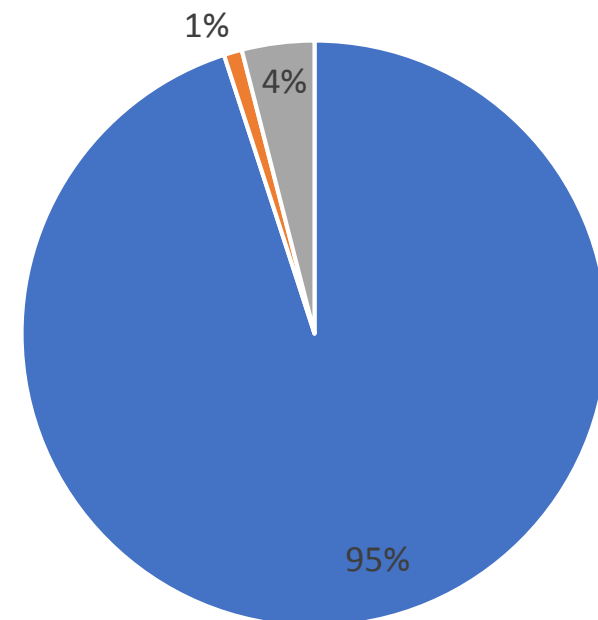
Reactions from “Top” Partners

Ever Asked Partner to Douche



■ Yes ■ No

Supportive of Partner's Use of Microbicide Douche



■ Supportive ■ Opposed ■ Neither

Reasons for Supporting Partner's Use of Microbicide Douche (write in responses)

- HIV prevention (N=347)
- Two for one (N=99)
- Cleanliness (N=29)
- Barebacking (N=21)
- Convenience (N=16)

Reasons for Supporting Partner's Use of Microbicide Douche

“All gay bottom men douche at least a little. This sounds like a great way to kill '2 birds with one stone' with a very easy, familiar method to prevent HIV.”

“That's a great way to prevent HIV.”

“Why not? It cleans in there and protects at the same time? Genius!”

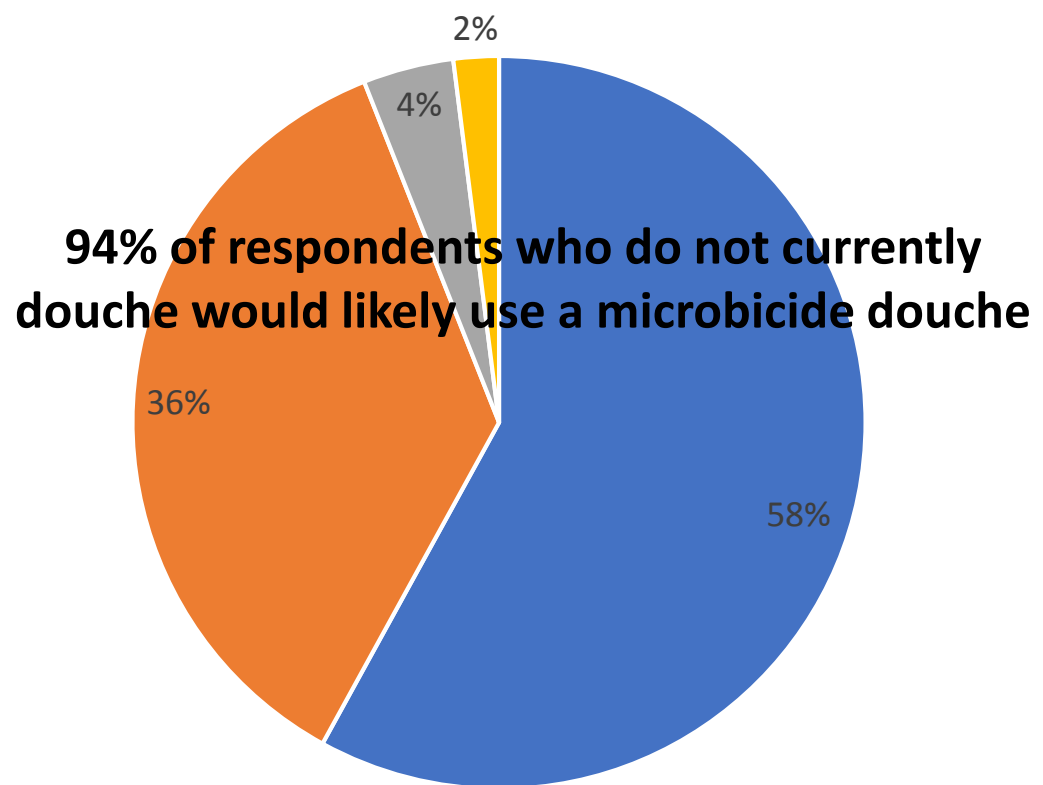
“That just sounds like the same plan with more positives.”

Likelihood of Microbicide Douche Use



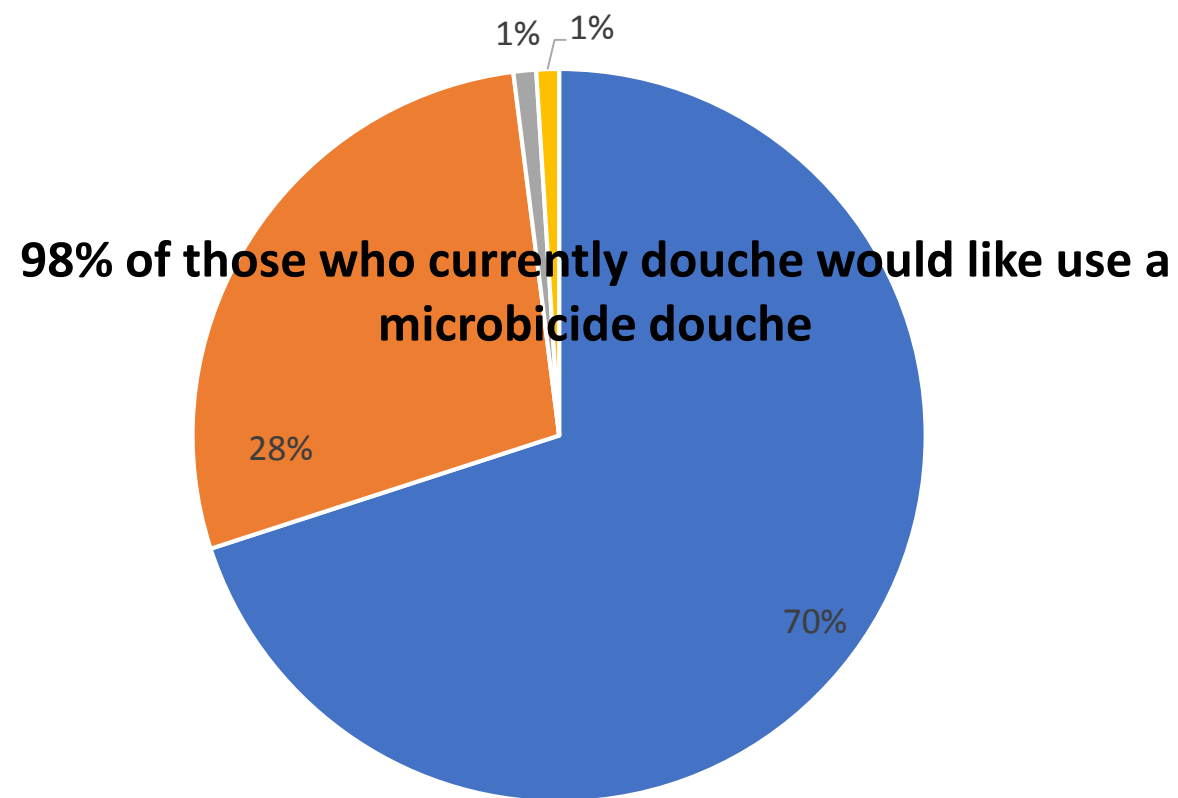
Likelihood of Using a Microbicide Douche

Among respondents who do not currently douche



■ Definitely Yes ■ Probably Yes ■ Probably Not ■ Definitely Not

Among respondents who do currently douche



■ Definitely Yes ■ Probably Yes ■ Probably Not ■ Definitely Not

Reasons to Use/Not Use Microbicide Douche (write in responses)

- Reasons to Use

- HIV prevention (N=199)
- Two for one (N=56)
- Convenience (N=12)

- Reasons Not to Use

- Needs more info (N=16)
- Dislikes douching (N=11)
- Has a steady partner (N=8)
- Already HIV+ (N=7)
- Already using PrEP (N=7)
- Douching is unsafe (N=6)
- Infrequent RAI (N=6)

Reasons for Using a Microbicide Douche

“I don’t want to take PrEP daily and I’d rather have another option than condoms.”

“I feel an anal douche would be more effective in that you can use it as you need rather than ingesting a pill, like PrEP.”

“I think it is a brilliant concept. It would emphasize the point to remain clean and sanitary while also maintaining a clean bill of health.”

“Sounds simple and kills two birds with one stone... or douche.”

Correlations by Age

- Older age was associated with...
 - More douching before RAI ($p=.001$)
 - Using an enema bottle ($p=.007$)
 - Using a hose/faucet ($p<.001$)
 - Using a commercial douche ($p<.001$)
- Younger age was associated with...
 - Using a rubber bulb ($p=.004$)
 - Using tap water ($p=.003$)

Correlations by Race

- White race was associated with...
 - More RAI (p=.019)
 - Using a rubber bulb (p=.029)
 - Using a hose/faucet (p<.001)
- Non-white race was associated with...
 - More douching after RAI (p<.001)
 - Using an enema bottle (p=.001)

Correlations by HIV status

- HIV-positive status was associated with...
 - More RAI ($p < .001$)
 - More douching before RAI ($p < .001$)
 - More douching after RAI ($p < .001$)
 - Using a hose/faucet ($p < .001$)
 - Using tap water ($p = .033$)
- HIV-negative status was associated with...
 - Using a rubber bulb ($p < .001$)

Correlations by Residence

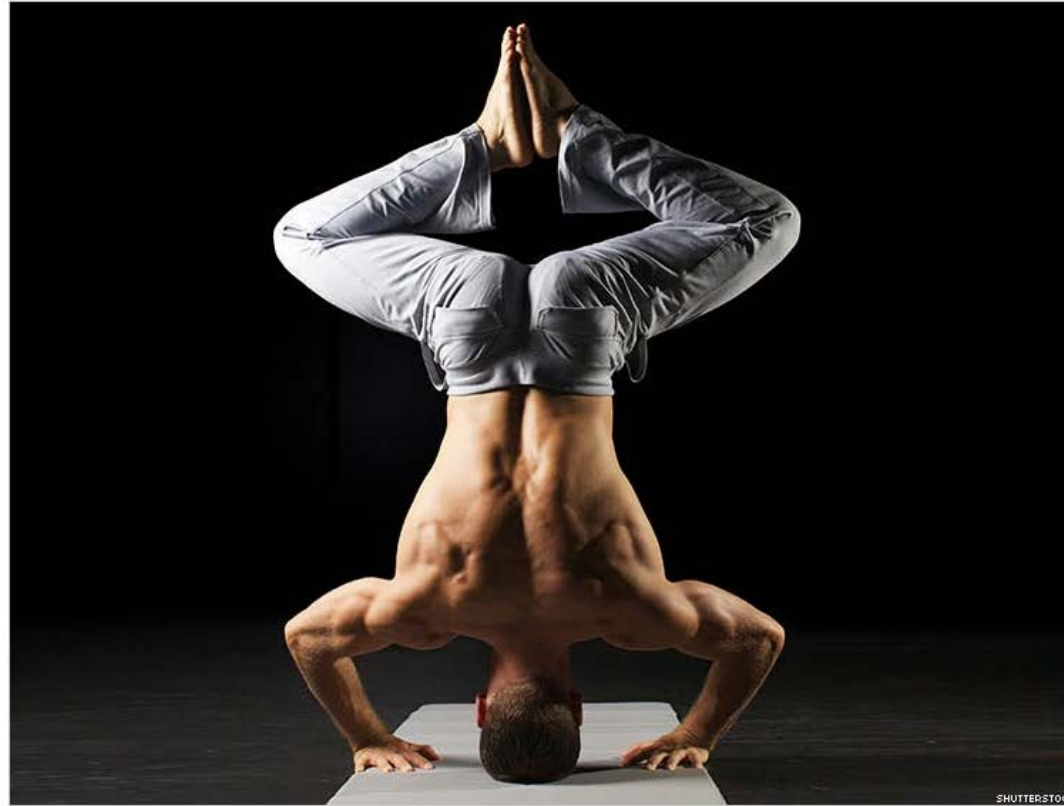
- Urban residence was associated with...
 - More RAI ($p < .001$) [lowest=Rural]
 - More douching before RAI ($p < .001$) [lowest=Rural]
 - Using tap water ($p = .035$) [lowest=Suburban]

Summary

- 80% of those who reported RAI (“bottoms”) also reported douching before RAI
 - 27% douched afterwards
- 63% of those who reported IAI (“tops”) reported ever having asked a partner to douche
- A quarter of men thought douching enhanced sexual pleasure
- Most of those who did not douche had never thought about it – > behavior may be modified to use a microbicide douche
- Enema bottles and rubber bulbs were most commonly used –> they could also be used to deliver a microbicide douche
- Tap water was most commonly used –> a solution that could be added to water would be ideal

Summary – cont'd

- Men felt that a microbicide douche that cleans and protects would be convenient and easy to incorporate into their sexual routines
- Both those who had a history of douching and those who did not said they would be likely to use a microbicide douche
- Insertive partners would be supportive of a partner using a microbicide douche
- The contextual conditions appear ideal for the development of a behaviorally-congruent rectal microbicide douche.



17. Celebrate being a bottom!

Thank you!

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