



TOP TO BOTTOM
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***SAFER ANAL
DOUCHING
&
HIV/STI PREVENTION***

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What is anal douching?

Typically, douching refers to cleaning out your ass with water. Douching isn't always needed before anal sex (e.g., a regular, high-fibre diet may help with that), but some people like to douche before they **bottom**. However, douching can irritate or even cause damage to your rectum which may increase your risk for HIV/STIs if you don't already use condoms or take PrEP (more on this in a sec).

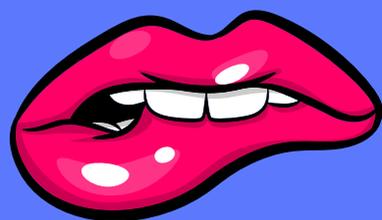
What does it mean to bottom?

Simply put, to bottom means to receive during sex or to be the "receiver." Typically, when we think about bottoming we think just anal sex, but bottoming can refer to vaginal and front hole sex, too. It's also not just having a hole penetrated by a dick, strap-on, toy, or all three. It can be any encounter or fantasy where you're on the receiving end.

Sounds hot to us! 

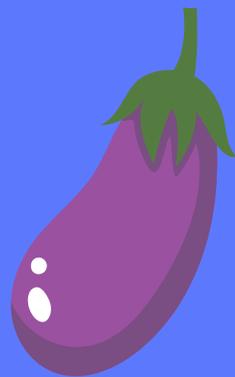
There's no shame in my bottoming game!

Bottoming can be extremely **hot** and feel **really, really** good. For some, being the bottom is kinky, submissive, or just the way they like to fuck. It can be very **pleasurable**, and it's important to know how to make it pleasurable, particularly bottoming during anal sex.



Douching may make your bottoming experience better, but like we mentioned earlier, douching may increase your risk for HIV/STIs. There are ways you can prevent HIV or STIs and still have a whole lotta **fun** and **pleasure!**

Keep scrolling for a "tip" or two!



Safer Douching 101



Use lukewarm water, no soap!

Lube up your ass and the tip of the douche.



*For extra comfort, we recommend using water-based lube, but any lube works!



Gently insert the tip of the douche into your ass and squeeze the bulb part so the water squirts up inside.
*Pro tip: **breathe**. This may feel a bit strange at first.



Hold the water in for 10-30 seconds, or however long you feel you need to hold it in, and let it out (usually over a toilet or in the shower).



Repeat this process until the water runs clear, or clear enough for you, and then shower.

*To be extra safe, try limiting your douching to 2-3 times a week.



PrEP & Condoms



PrEP stands for **pre-exposure prophylaxis**. It's a daily medication that is used by people who are HIV negative to help prevent them from getting HIV. It doesn't prevent you from getting any other STIs, so we always recommend using condoms, too. You can buy condoms, but sometimes you can get them for free at sexual health clinics, schools, or harm reduction sites. 🙄

You can talk to your doctor or nurse practitioner if you're interested in taking PrEP and about your coverage options. Alternatively, you can contact your local sexual health clinic to see if they offer it.

You're ready to play!

