

Center for Special Minimally Invasive Surgery
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Baking Soda Douche Instructions



You can
purchase ANY
douche kit.
This is ONLY
an example of a
kit.

You have been asked to use a baking soda douche before engaging in intercourse.

- 1. Purchase a douche kit from any drugstore. If you can find an empty douche bottle, that is preferable, as you will be emptying the contents to add our solution.**

- 2. Use 2 tablespoons FRESH baking soda**



- 3. Mix the baking soda with 1 quart of warm water and rinse**

- 4. The baking soda douche should be used 30 minutes BEFORE intercourse.**