







1# RIGHT ACTION FOR A HEALTHY ANUS










Your anus needs to be well maintained to be healthy, especially if you offer services involving anal penetration. Whether you are man, woman, cis, trans, non-binary, intersex etc. **The advice that follows concerns you!**

Our tips that save your ass

-  **Consult yourself** with a mirror to look at your anus in case of itching, pain, burning, unusual spots, etc.
-  **Have a good diet.**
-  **Eat at a regular time.**
-  **Do not practice anal sex if you do not want to** and stop penetration if it is painful.
-  **For a clean colon**, prefer to eat a lot of fiber rather than deprive yourself of food.
-  **Do screenings once every 6 months** and after taking a risk.

2# FOR ANAL PENETRATION








-  **Want it and not feel forced.**
-  Use a **condom** and **lots and lots of lubricant**, purchased in pharmacies, sex shops or in Aspasia.
-  **Do not use vegetable oils** which risk damaging the condom and which are not suitable for prolonged penetration..
-  **Use sex toys made for anal penetration** (plugs and sex toys with edges) to avoid aspiration through the anus.
-  **Put a condom and lubricant on sex toys**, and wash them well after use.
-  **Whatever has entered your anus should not enter your vagina/mouth without being cleaned.**
-  Wear a **disposable glove** (black) to practice penetration with your fingers, and use a different finger for the anus and vagina.

3# OFFER ANAL SERVICES






Working with your anus without hurting yourself








-  **Stop the service immediately in case of pain:** It is better to lose one service than the next ten because of an anal fissure.
-  **Perform and receive rimming after cunnilingus and fellatio** to avoid the transmission of bacteria from the anus to the vagina/mouth. Use a **dental dam or condom.**
-  **Never consume Poppers with Viagra.**
-  **Avoid doing anal services if you have hemorrhoids.**
-  **If you are not used to it, you can prepare yourself before the service to avoid anal fissures:**
 - Provide plugs of different sizes
 - Insert the smallest plug first with plenty of lubricant. Once you're used to it, remove it and put in a larger plug.
 - Very gradually increases in size.
 - Do not prepare too early so that your anus remains dilated until the performance

4# HOW TO WASH YOUR ANUS








-  **Use an enema bulb or shower hose with a cannula.** You can find them in pharmacies or sex shops.
-  **Avoid doing deep anal washes several times a week** so as not to damage your bacterial flora.
-  **Avoid laxatives.** If you still want them, take them of natural origin instead.

Doing an anal douche safely

-  **Fill the bulb** with lukewarm water
-  Put **lubricant** on the tip
-  **Insert the tip into your anus**, not too deeply, and squeeze gently until the water is drained.
-  **Be careful to remove the bulb before releasing!** Otherwise it will fill with dirty water.
-  Once the bulb is removed, **leave the water inside you for a few seconds before releasing it** into the toilet.
-  **Repeat the previous steps** several times.
-  **Wash your equipment** with mild soap and water.

5# WHEN TO CONSULT A DOCTOR ?

-  **Consult a proctologist**, the anal doctor, **in case of pain, diarrhea and/or frequent constipation, warts, hemorrhoids, discharge, etc.**
-  **If you want to take PreP.** PreP is an HIV prevention treatment. If you offer anal services, you can ask a doctor about this treatment. He will be able to advise you based on your situation.
-  **If you are in pain and/or bleeding.**
-  **If an object is stuck in your anus.** If you do not use objects intended for anal penetration, there is a risk of aspiration. If this is your case, keep calm. You can go to the toilet and push it.
-  **If you have incontinence** (you can't hold it in to go to the toilet).



OUR ADVICE FOR A HEALTHY ANUS