

*Center for Special Minimally Invasive Surgery*  
*Camran Nezhat, MD*

**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.**