INSTRUCTIONS FOR USE

Welcome in — let’s get you set up.

You bought a Sploosh. Good call. This guide gets you from unboxing to first use in a few minutes — a quick, controlled rinse with wastewater flowing out as you go. No holding. No guesswork. No mess.

The Sploosh is a patent-pending personal rinsing device, to facilitate the rinse prep for butt stuff.

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Your first time — what to expect

If this is new, here's the baseline so you can tell normal from not-normal.

WHAT'S NORMAL

- **Pressure and mild fullness as water moves through.** That's the job.
- **Three to five minutes from hookup to done.** Most sessions wrap in under five.

WHAT'S NOT NORMAL — STOP THE SESSION

- **Pain, resistance, or anything that doesn't feel like your body's “yes.”**

Before you begin — a quick safety check

Six short rules. They apply across every hookup, every session.

⚠ READ THESE ONCE

- **USE WATER-BASED LUBRICANT.** Silicone-based lubes can damage the silicone sheath over time.
- **CHECK THE SHEATH BEFORE EACH USE.** If torn, nicked, or damaged, email support@gosploosh.com.
- **CHECK YOUR FLOW.** Aim for a jet that rises **less than 4 inches / 10 cm** above the tip. Step 5 walks you through this.
- **STOP AT THE HILT.** The ridged ring on the sheath (the hilt) is your depth stop — it stops the tip from going too deep. Do not push past it.
- **DON’T SHARE SHEATHS** without washing them thoroughly per our care instructions.

Choose your hookup

Sploosh runs off any running-water source with a **G1/2" standard thread** — the most common plumbing thread in the world.

NOT SURE? The shower hookup is the default. You can switch between setups at any time — the Sploosh device itself doesn't change, only the water source feeding it does.



Shower hookup

For your bathroom shower head, hand-held shower, or shower arm. This is the most useful path.



Sploosh Anywhere

Faucet-fill bag with a USB-C rechargeable pump. For travel, hotels, shared housing, or any bathroom where the shower fixture isn't an option. See the appendix.

OTHER G1/2" SOURCES Bidet hoses, outdoor spigots, RV bathrooms — anywhere with G1/2" threading, you can connect directly.

What's in your kit

Every Sploosh kit ships with the parts below.

Part ID	Description
A	Heavy-duty tip
B	Light-duty tip
C	Handle cylinder
D	Thumb-adjusted flow-control valve
E	Inline flow regulator (factory-installed, internal)
F	Plastic tubing, 3/8" diameter
G	Silicone sheath for tip A
H	Silicone sheath for tip B

Shower Hose + Diverter Kit — sold separately from the main Sploosh product

Part	Description
—	Shower hose, G1/2" standard (79" / ~200 cm)
—	Chrome diverter valve, 1/2" thread

> If you already have a G1/2"-compatible hose, you can use yours. We encourage a longer hose — around 55 inches — but it's a matter of preference.

> **ABOUT PART F** Part **E** is a small flow regulator built into the connector. It caps water to a controlled max so you can't accidentally over-pressurize. Factory-installed — you won't see it or need to touch it. If yours is missing, email support@gosploosh.com.

Figure F — Flow regulator (factory-installed)



A small color-coded disc that sits inside the connector. You won't see it or need to touch it.

Install your water hookup 🚿

This section covers the shower path — the most useful and most common. For bidets, outdoor spigots, RV bathrooms, or any other G1/2" threaded source, the same physical connection applies: thread the hose onto the G1/2" fitting at your source.

ABOUT THE SHOWER HOSE The shower hose is part of our Shower Hose + Diverter Kit, sold separately. If you already have a G1/2"-compatible hose, use yours.

1

Install a shower diverter

On a shower, the easiest and most common solution is to install a shower diverter and connect the hose to it. The diverter comes in our Shower Hose + Diverter Kit (sold separately) — a small Y-shaped fitting that splits one water line into two outputs, so you keep your existing shower head working while the Sploosh is connected.

2 Attach the shower hose

Thread one end of the shower hose onto your selected G1/2" source (diverter output, shower arm, or hand-held shower port). Hand-tight is enough; over-tightening can damage threads.

Figure 5 — Section A: Attach the shower hose



G1/2-inch hose end ready to thread onto your shower.

3 Attach the thumb flow-control valve

Secure the thumb-operated flow-control valve **D** onto the free end of the hose.

> **NOTE** This step may already be completed in shipping.

Your water hookup is ready. Continue to Assemble the Sploosh.

Assemble the Sploosh

These steps are **the same regardless of hookup**. Do them once; the assembled device is what attaches to either water source.

1

Connect plastic tubing to the twistable flow-control valve

Connect the twistable flow-control valve **E** to the plastic tubing **F**.

Figure 1 — Step 1: Connect tubing to valve



Plastic tubing (G) connected to the flow-control valve (F). Often pre-assembled.

> **NOTE** This step may already be completed in shipping.

2 Fit silicone sheaths onto your tips

Slide each silicone sheath **G**, **H** onto its corresponding tip **A**, **B**. A small amount of personal lubricant can help the sheath glide on.

Figure 2 — Step 2: Fit silicone sheath onto tip



Sheath fully seated over the tip. The ridged hilt is the depth stop.

> **CARE** Clean sheaths thoroughly between uses. Use only with intact sheaths — if a sheath arrives damaged, contact support@gosploosh.com before use.

3 Insert plastic tubing into your selected tip

Insert the tubing **F** — already attached to the twistable valve **E** — through the base of your chosen tip with sheath (either **A** + **G** or **B** + **H**). The redesigned underside is a solid feed channel; the tubing should slide in cleanly without forcing.

Figure 3 — Step 3: Feed tubing through the tip



Tubing (G) fed up through the base of the sheathed tip. Should slide cleanly without forcing.

3.1 — Check tube length. The tubing should sit flush with or just below the top of the tip. If it protrudes, trim it precisely so it doesn't extend past the tip.

4 Attach handle cylinder

Thread the handle cylinder **C** onto the assembly from below, engaging directly with the threads of your selected tip. The handle is hand-tightenable — no tool required.

Figure 4 — Step 4: Attach the handle cylinder



Handle cylinder (C) threaded onto the tip from below. Hand-tight only.

You now have an assembled Sploosh. Set it aside; we'll connect it to your water source next.

Attach the Sploosh to your water hookup

With your water hookup ready (Section A) and your Sploosh assembled (Steps 1–4), the last move is connecting the two.

Attach the assembled Sploosh to the free end of the thumb flow-control valve **D** that sits at the end of your hose.

Figure 6 — Attach: Sploosh to your water hookup



Full assembly hooked to the hose, ready for water.

You're hooked up. Continue to Using your Sploosh.

Using your Sploosh

LISTEN TO YOUR BODY The following are the key steps to using the Sploosh. Bottom prep is personal — listening to your body is paramount and supersedes all other recommendations.

5

Verify your max flow

5.1 — Open the thumb valve fully. The inline flow regulator **E** is designed to cap your max at 1 gallon per minute automatically. Open the thumb flow-control valve **D** all the way to let that max flow through.

5.2 — Observe the jet. Run water through the Sploosh with the insertion tip facing upward. Measure the height of the emitted jet above the tip.

PRESSURE TARGET Aim for a jet that ascends **less than 4 inches (10 cm)** above the tip. Higher than that means too much pressure — close the thumb valve **D** down, or step the pump down (Sploosh Anywhere).

6 Prepare for insertion

6.1 — Stop the water flow. Turn it off at the source or via the thumb flow-control valve **D**.

6.2 — Lube up. Apply **water-based** personal lubricant generously to both yourself and the silicone-sheathed Sploosh tip. **No silicone-based lubes** — they degrade the sheath.

> **IMPORTANT** Use **water-based** lubricants only. Silicone-based lubricants may degrade the silicone sheath over time.

7 Insert carefully

Align the Sploosh so the **out-flow opening** (the rounded gap on the side of tips **A**, also called the aperture) faces **downward**, toward the drain or toilet.

Apply gentle pressure to guide the tip in. Stop when the protective ring of the sheath (the hilt) is just outside the body — the hilt is your depth stop.

If the sheath is ever torn or disfigured, stop and email support@gosploosh.com.

8 Monitor flow during use

Hold the Sploosh in position. Keep an eye on outflow.

If outflow stops, the device may be clogged or the tip may be sitting too close to the rectal wall — reposition slightly, or adjust the thumb flow valve **D** to restore water flow.

> **IF IT STARTS FEELING WRONG, QUIT**
> Trust your body. Listen to yourself.

9 Rinse

Continue until you reach the level of cleanliness you want. **Most sessions take less than five minutes.**

Device cleaning and care

After every use:

- Disconnect the Sploosh from the water source.
- Run clean water through the assembly to flush the tubing.
- **Untwist the handle cylinder C and dump out any residual water** before storing — water can pool in the handle cavity, and the redesigned tool-free handle makes this a five-second step. (No tools required; the handle threads off by hand.)
- Remove the silicone sheath from the tip and wash with warm water and mild soap.
- Wipe down all hard parts with a disinfectant safe for skin-safe silicone and ABS plastic. (See gosploosh.com for our recommended cleaner.)
- The Sploosh's hard parts are **dishwasher-safe** on the top rack. Run a regular cycle and air-dry — **do not use heated dry.**
- Air-dry on a clean surface before storing.

Need help?

Issue	What to do
Damage to your device	Email support@gosploosh.com before use. Guarantee — we'll replace it.
Threads don't match your water source	The Sploosh attaches via G1/2" threads. See our adapters page.
Flow is too strong at minimum thumb-valve setting	Email support@gosploosh.com — this shouldn't happen with the regulator (E) installed.
Flow is too weak even at full open	Email support@gosploosh.com. It might be a water-pressure issue at your source, but we can help diagnose.
Pump won't power on (Sploosh Anywhere only)	Charge it. From flat, expect ~2 hours to full via standard USB-C.
Inline regulator (E) missing or lost	Email support@gosploosh.com — we can arrange a replacement.
Anything else	support@gosploosh.com — real humans, fast replies.

Appendix — Sploosh Anywhere 🧳

The Sploosh Anywhere replaces the shower hose with a faucet-fill bag and a USB-C rechargeable pump. It's the right pick when you're traveling or in a bathroom where the shower fixture isn't an option.

> **WHY A BAG?** Gives you more control over the water you use while traveling — fill the bag with water of your choice from any tap, then bring it to the toilet. You don't have to use unknown faucet water as-is.

B1. Fill the bag

Following the bag's own instructions:

- Run the faucet until the temperature is comfortable. Aim for warm — not hot.
- Hold the bag's intake under the faucet.
- Fill to the bag's marked line. The bag holds enough for a typical session.

B2. Position the bag

Set the bag on the floor next to the toilet (or in the tub, if there's one). Connect the pump's intake to the bag's outlet, and the pump's output to your Sploosh hookup. Make sure the pump is charged — it's USB-C rechargeable, and a full charge runs roughly 15–20 minutes of continuous use.

B3. Connect to the Sploosh

Connect the pump's feed hose to the thumb flow-control valve **D**, then attach your assembled Sploosh to the valve. Power the pump when you're ready to begin.

B4. Position over the toilet

The Sploosh Anywhere hookup is designed to be used **over the toilet** — wastewater flows directly into the bowl.

You're hooked up. Continue to Using your Sploosh.

Your hole is in good hands.

Zazo LLC — Sploosh product line