The Double Delights of Douching

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Code Lentz
Rectal Douching

- Rectal douching within the context of anal intercourse is a common practice acknowledged in academic literature, social media, and gay websites.
TOP 5 ANAL DOUCHING

1. DON’T JUST SHOVE ME IN!
Loosen up your internal butt muscle (sphincter) with a lubed up finger before pushing anything up your butt.

2. LUBE, LUBE, LUBE.
Lube your butt and my nozzle (or your shower shot) first!

3. GO EASY WITH THE SPRAY!
You don’t need to spray too much water. If you’re using a shower shot, start with the lowest water setting at first.

4. GIVE YOURSELF TIME BEFORE SEX.
Make sure you’re near a toilet while you wait for all the water to come back out.

5. DON’T DOUCHE TOO MUCH.
If you can, limit yourself to once a day, and only 2-3 times per week.

(Introducing: Douche McDoucherson)
DREAM:
Development of a Rectal Enema As Microbicide

• U19 IPCP Program to develop a tenofovir rectal douche for HIV prevention (Hendrix, PI)

• To inform product development and clinical trial design, questions about men’s rectal douching behaviors were identified

• A review of academic literature and social media instructional videos summarized current knowledge
Filling the gap

• To fill gaps in knowledge, we conducted an Internet-based survey of Grindr users in the US
• Internet survey was completed using National Grindr Inbox Message and Regional Broadcasts
  • “Clean, safe and ready!”
• Pop up box for targeted regions
  • New York, NY
  • San Juan, PR
  • Atlanta, GA
  • Jackson, MS
DREAM Internet Survey Respondents

- Inbox message (10-27-2017) = 7,000 clicks
- Four broadcasts (11-11-2017) = additional 500 clicks
- 4,751 respondents met eligibility criteria (18+ years old, born male)
- 98% men, 1% transgender, 1% other (non-binary, gender fluid, etc.)
- Mean age of respondents was 36 years old (SD=12.91)
- Respondents came from all 50 states, Washington, DC, Puerto Rico, the US Virgin Islands, and military PO’s
DREAM Internet Survey Respondents
### DREAM Internet Survey Respondents (N= 4751)

<table>
<thead>
<tr>
<th>Race/Ethnicity*</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>2182 (53%)</td>
</tr>
<tr>
<td>Latino</td>
<td>813 (20%)</td>
</tr>
<tr>
<td>African-American</td>
<td>607 (15%)</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>261 (6%)</td>
</tr>
<tr>
<td>Other</td>
<td>220 (5%)</td>
</tr>
<tr>
<td>Native American</td>
<td>36 (1%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Current Residence*</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban</td>
<td>2159 (53%)</td>
</tr>
<tr>
<td>Suburban</td>
<td>1492 (36%)</td>
</tr>
<tr>
<td>Rural</td>
<td>450 (11%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HIV Status*</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative</td>
<td>3263 (81%)</td>
</tr>
<tr>
<td>Positive</td>
<td>404 (11%)</td>
</tr>
<tr>
<td>Don’t know</td>
<td>258 (6%)</td>
</tr>
<tr>
<td>Prefer not to answer</td>
<td>84 (2%)</td>
</tr>
</tbody>
</table>

*Not all participants provided data for each variable.*
Behavior and Attitudes of Respondents

<table>
<thead>
<tr>
<th>Sub-sample</th>
<th>Behavior/Attitude</th>
<th>N* (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All respondents</td>
<td>Had RAI (receptive anal intercourse), past 3 months</td>
<td>3,473 (78%)</td>
</tr>
<tr>
<td>Respondents who report RAI</td>
<td>Douche before RAI</td>
<td>2693 (80%)</td>
</tr>
<tr>
<td>Respondents who report RAI</td>
<td>Douche after RAI</td>
<td>869 (27%)</td>
</tr>
<tr>
<td>Respondents who do not report RAI</td>
<td>Ever had insertive anal intercourse</td>
<td>1,018 (81%)</td>
</tr>
<tr>
<td>Respondents who report IAI</td>
<td>Ever asked partner to use douche before IAI</td>
<td>637 (63%)</td>
</tr>
</tbody>
</table>

*Total Ns are those among subsample with non-missing data
Reasons for Douching

2. Find a cleaning regimen that works for you.
# Reasons for Douching or Not Douching

<table>
<thead>
<tr>
<th>Reasons for Douching</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I wanted to be clean</td>
<td>97%</td>
</tr>
<tr>
<td>I didn’t want to smell</td>
<td>65%</td>
</tr>
<tr>
<td>Douching enhances sexual pleasure</td>
<td>24%</td>
</tr>
<tr>
<td>Douching might prevent infections</td>
<td>10%</td>
</tr>
<tr>
<td>My sex partner suggested it</td>
<td>6%</td>
</tr>
<tr>
<td><strong>Reasons for Not Douching</strong></td>
<td></td>
</tr>
<tr>
<td>Never thought about it</td>
<td>56%</td>
</tr>
<tr>
<td>Don’t feel any need</td>
<td>29%</td>
</tr>
<tr>
<td>Might be harmful to health</td>
<td>15%</td>
</tr>
<tr>
<td>Cramps/side effects</td>
<td>6%</td>
</tr>
</tbody>
</table>
“Other” Reasons Given

• For Douching
  • For my partner (N=7)
  • To prepare for rimming (N=5)
  • It’s expected (N=3)

• For Not Douching
  • Did not have one (N=16)
  • Don’t know how (N=11)
  • Unplanned sex (N=9)
  • Inconvenience (N=8)
  • Don’t like it (N=7)
Devices

3. If you clean out with a douching bulb or enema, take your time.

4. If you clean with a shower attachment, relax.
Device and Liquid Used

- **Enema Bottle**
- **Rubber Bulb**
- **Hose Attached to Faucet**
- **Tap Water**
- **Commercial Douche**

<table>
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<tr>
<th>Device</th>
<th>Liquid</th>
</tr>
</thead>
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<tr>
<td>Enema Bottle</td>
<td>Device</td>
</tr>
<tr>
<td>Rubber Bulb</td>
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<tr>
<td>Hose Attached to Faucet</td>
<td></td>
</tr>
<tr>
<td>Tap Water</td>
<td>Liquid</td>
</tr>
<tr>
<td>Commercial Douche</td>
<td></td>
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</table>
“Other” Devices/Liquids Used

• Other devices commonly referenced via write-in responses:
  - Water/soda bottle (N=43)
  - Douche bag (N=46)

• Other liquids commonly referenced via write-in responses:
  • Soap (N=24)
  • Saline (N=9)
  • Vinegar (N=7)
Timing

FILL 'ER UP!

FAST

COUNT TO 5 TO FILL YOUR RECTUM WITH WATER. DO NOT OVERFILL; IF YOU GO PAST THE SIGMOID, YOU ARE SCREWED.

FULL

COUNT TO 30, YOU NEED TO FILL ALL THE WAY UP THE ASCENDING COLON, AND THE TRANSVERSE COLON.

Timing and Anal Douching

DREAM
DEVELOPMENT OF A SCALABLE ENEMA AS MICROSOFT
Timing of Douche With Sex

77% of respondents douched within 10-60 mins before sex
Number of Douche Applications

Number of Applications Before Sex

- 1: 22%
- 2: 26%
- 3: 21%
- 4 or more: 12%

Mean number of applications = 2.9

Number of Applications After Sex

- 1: 55%
- 2: 28%
- 3: 10%
- 4: 4%
- 5 or more: 3%

Mean number of applications = 2.9
Lapse Between Applications and Retention

Time Between First & Second Applications

- Less than 30 seconds: 5%
- 30-60 seconds: 15%
- 1-2 minutes: 17%
- 2-5 minutes: 29%
- More than 5 minutes: 20%

- 78% used a second application within 2 mins

Time of Douche Retention

- Less than 15 seconds: 9%
- 15-30 seconds: 15%
- 30-60 seconds: 24%
- 1-2 minutes: 32%
- More than 2 minutes: 78%

- 76% retained the liquid for less than one minute
Reactions from “Top” Partners

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever Asked Partner to Douche</td>
<td>63%</td>
<td>37%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Opinion</th>
<th>Supportive</th>
<th>Opposed</th>
<th>Neither</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supportive of Partner's Use of Microbicide</td>
<td>95%</td>
<td>4%</td>
<td>1%</td>
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</tbody>
</table>
Reasons for Supporting Partner’s Use of Microbicide Douche (write in responses)

- HIV prevention (N=347)
- Two for one (N=99)
- Cleanliness (N=29)
- Barebacking (N=21)
- Convenience (N=16)
Reasons for Supporting Partner’s Use of Microbicide Douche

“All gay bottom men douche at least a little. This sounds like a great way to kill ’2 birds with one stone’ with a very easy, familiar method to prevent HIV.”

“That’s a great way to prevent HIV.”

“Why not? It cleans in there and protects at the same time? Genius!”

“That just sounds like the same plan with more positives.”
Likelihood of Microbicide Douche Use
Likelihood of Using a Microbicide Douche

Among respondents who do not currently douche:
- 58% Definitely Yes
- 36% Probably Yes
- 4% Probably Not
- 2% Definitely Not

94% of respondents who do not currently douche would likely use a microbicide douche.

Among respondents who do currently douche:
- 70% Definitely Yes
- 28% Probably Yes
- 1% Probably Not
- 1% Definitely Not

98% of those who currently douche would like to use a microbicide douche.
Reasons to Use/Not Use Microbicide Douche (write in responses)

- **Reasons to Use**
  - HIV prevention (N=199)
  - Two for one (N=56)
  - Convenience (N=12)

- **Reasons Not to Use**
  - Needs more info (N=16)
  - Dislikes douching (N=11)
  - Has a steady partner (N=8)
  - Already HIV+ (N=7)
  - Already using PrEP (N=7)
  - Douching is unsafe (N=6)
  - Infrequent RAI (N=6)
Reasons for Using a Microbicide Douche

“I don’t want to take PrEP daily and I’d rather have another option than condoms.”

“I feel an anal douche would be more effective in that you can use it as you need rather than ingesting a pill, like PrEP.”

“I think it is a brilliant concept. It would emphasize the point to remain clean and sanitary while also maintaining a clean bill of health.”

“Sounds simple and kills two birds with one stone... or douche.”
Summary

• 80% of those who reported RAI ("bottoms") also reported douching before RAI
  • 27% douched afterwards
• 63% of those who reported IAI ("tops") reported ever having asked a partner to douche
• A quarter of men thought douching enhanced sexual pleasure
• Most of those who did not douche had never thought about it — behavior may be modified to use a microbicide douche
• Enema bottles and rubber bulbs were most commonly used — they could also be used to deliver a microbicide douche
• Tap water was most commonly used — a solution that could be added to water would be ideal
Summary – cont’d

• Men felt that a microbicide douche that cleans and protects would be convenient and easy to incorporate into their sexual routines

• Both those who had a history of douching and those who did not said they would be likely to use a microbicide douche

• Insertive partners would be supportive of a partner using a microbicide douche

• The contextual conditions appear ideal for the development of a behaviorally-congruent rectal microbicide douche.
Thank you!

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