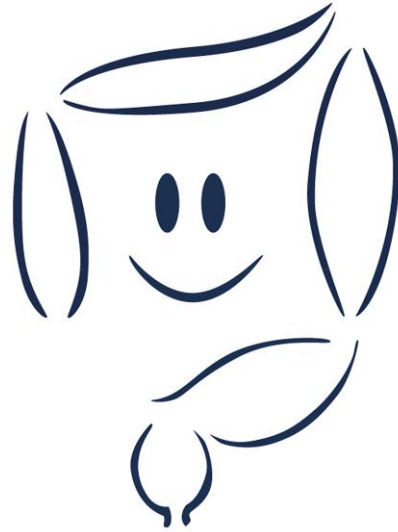
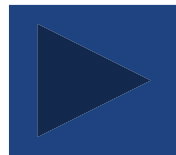


How to administer an Effective Enema



Colorectal Center
Pediatric Colorectal Surgery
Children's Hospital of Pittsburgh



Step 1

Before administering enema gather all supplies



Foley catheter 24 French
Syringe 30 ml
Lubricant
Enema bag

Saline solution
Glycerin
Soap
Fleet ®



Step 2

Prepare the enema solution as prescribed



Saline solution
Warm “body temperature”

Glycerin

Soap

Fleet ®



Step 3

Fill the enema bag



Fill the enema bag with the prepared solution.

Prime the tubing.



Step 4

Attach syringe and enema bag to Foley



Attach the 30 ml syringe (filled with air or water) to the balloon port.

Attach the enema bag to the Foley.

Prime Foley to completely fill with the solution.



Step 5

Position for an enema

Under 2 years



2 – 6 years



Older than 6 years



Place the patient in a position depending on age.

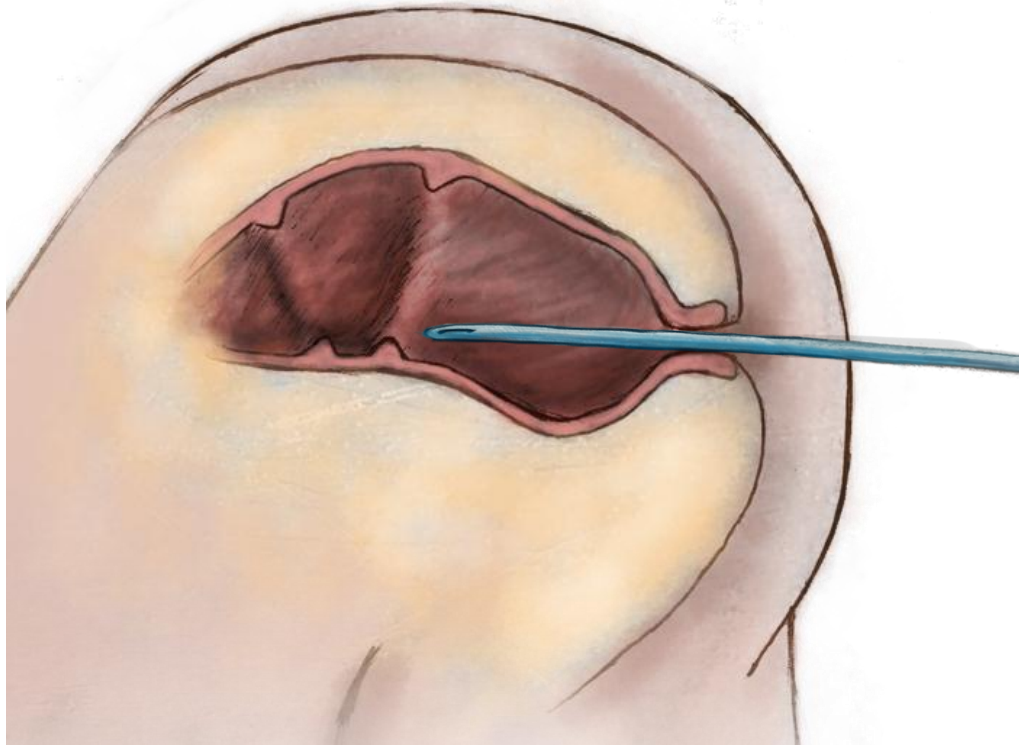
The goal is a comfortable position for both the child and parent.

The positioning is also very important to utilize gravity for an effective enema.



Step 6

Lubricate and insert Foley



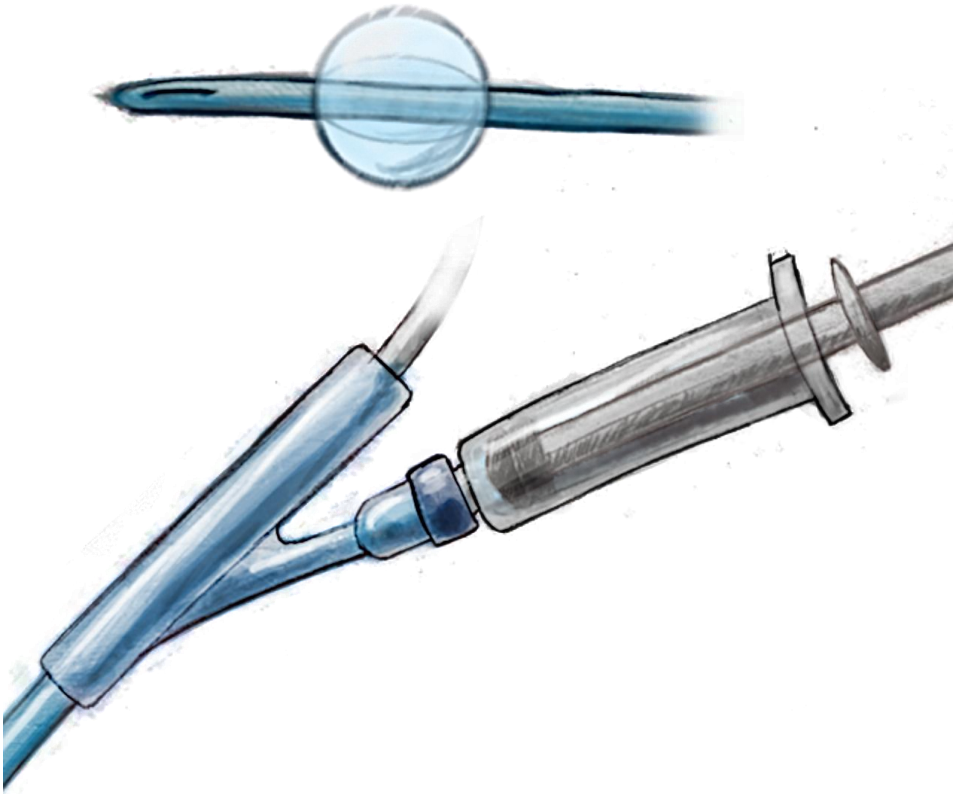
Lubricate the Foley very well and insert 15 cm.

This should be done gently and with care to avoid any discomfort during insertion.



Step 7

Inflate the Balloon

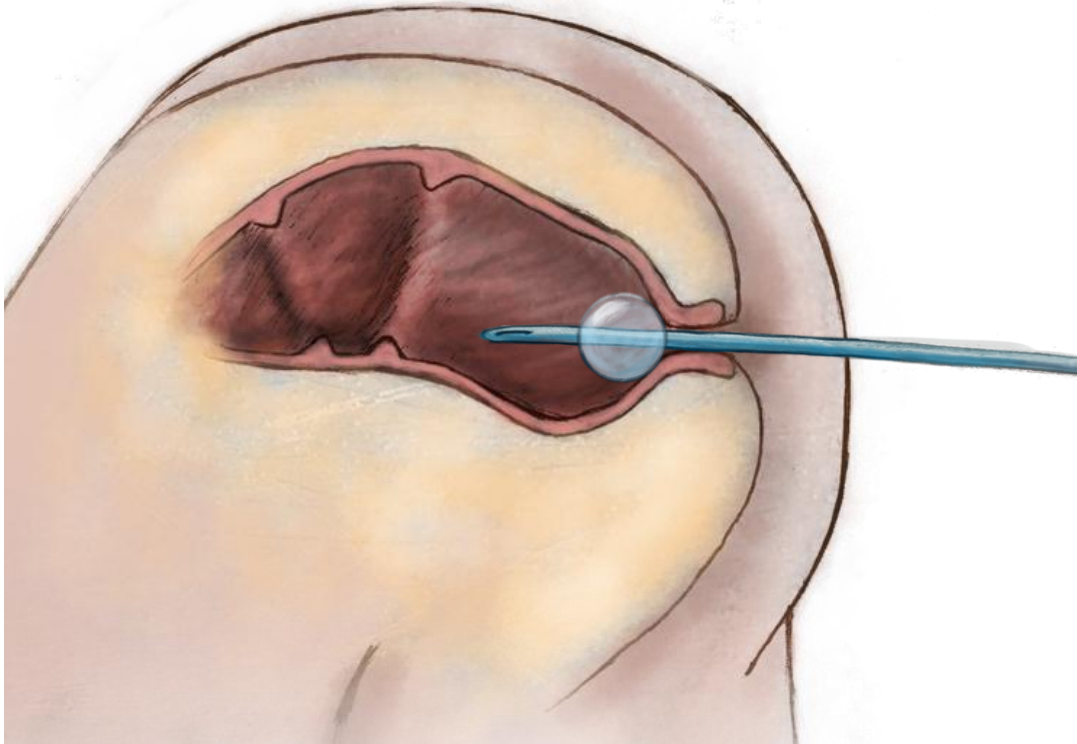


Inflate the balloon with the filled syringe until all 30 ml of air or water is instilled.



Step 8

Pull back

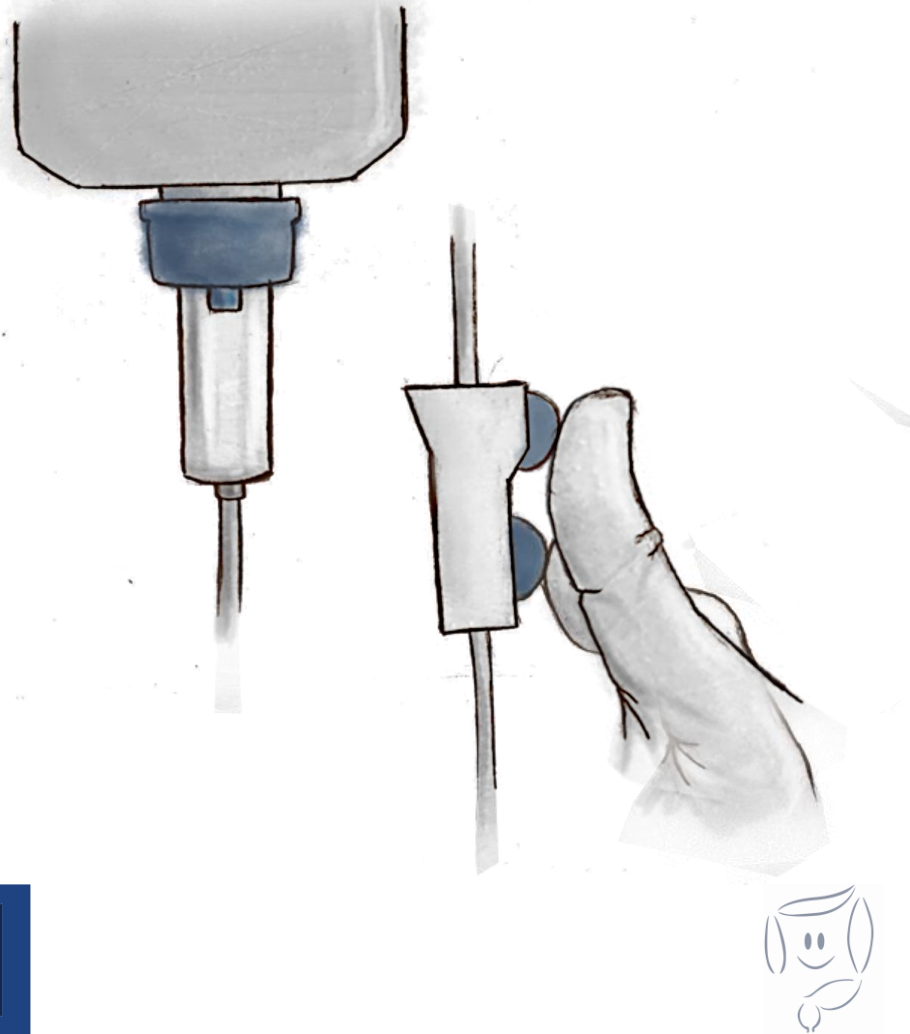


Once the balloon is fully inflated, pull back on the Foley until you feel resistance in order to create a plug.



Step 9

Introduce the enema solution



Open the roller clamp to allow the enema contents to fill the rectum and left side of the colon.



Step 10

Give in 15 minutes

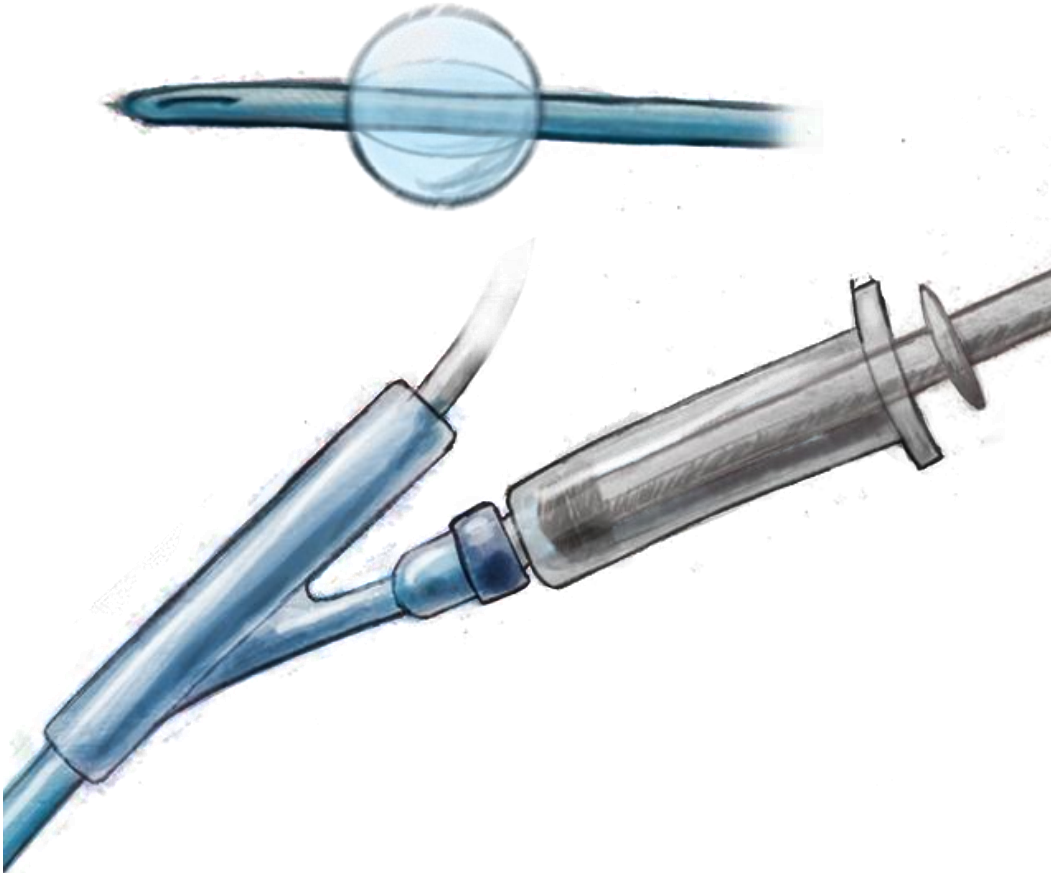


Allow the enema to flow slowly into the rectum over **15 minutes**



Step 11

Deflate the Balloon

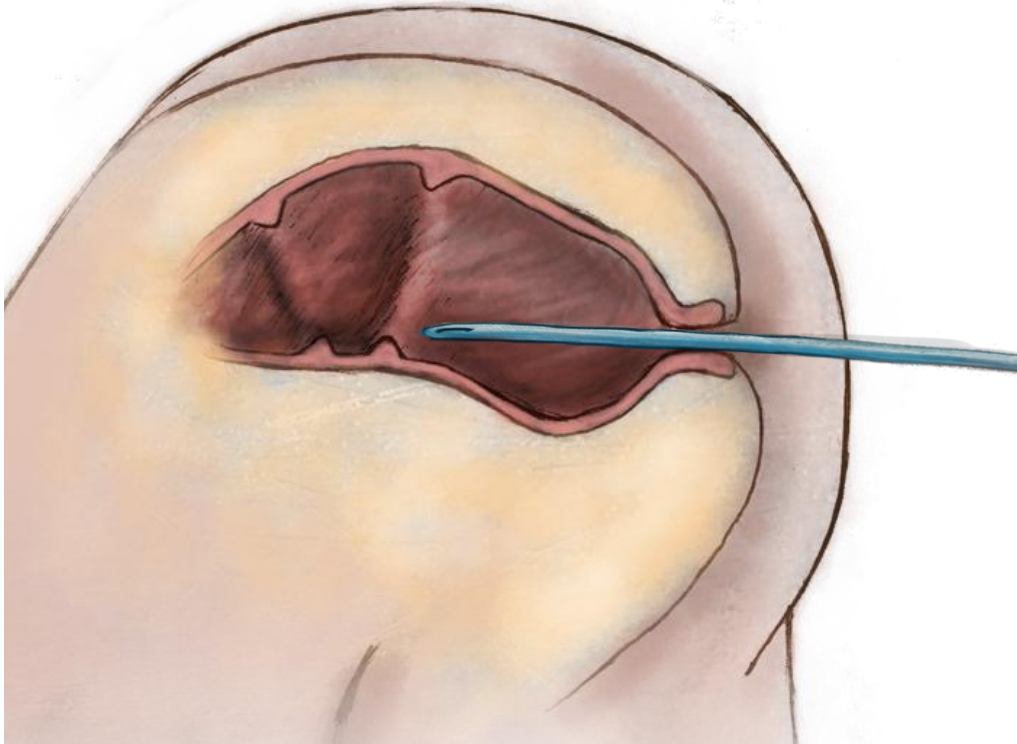


Deflate the balloon until all 30 ml of air or water is returned into the syringe.



Step 12

Remove Foley

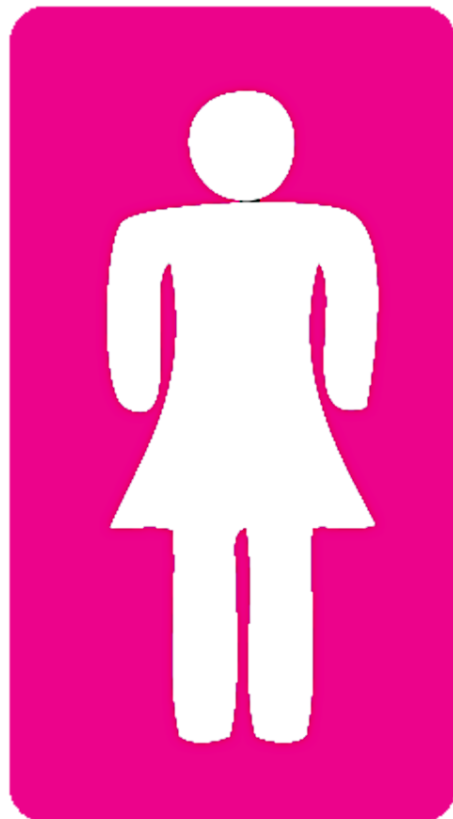
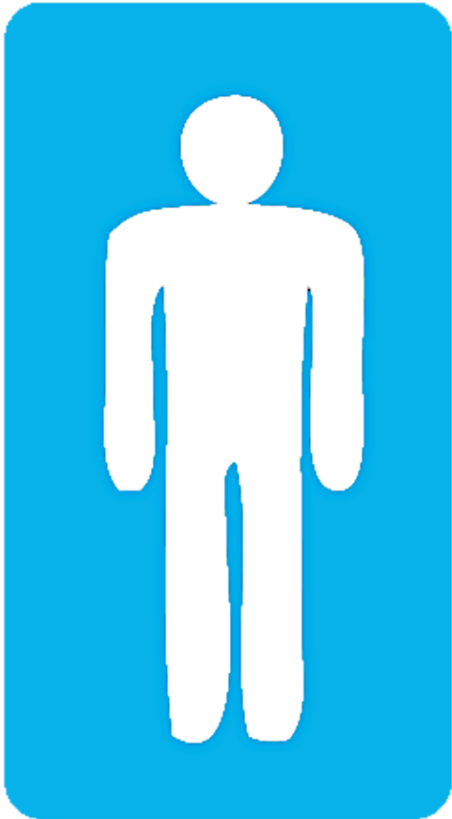


Remove the Foley catheter gently



Step 13

30 minutes



Have child sit on the toilet for **30 minutes** in order to empty completely.



Questions

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