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

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

Colorectal Center for Children at Children’s Hospital of Pittsburgh of UPMC

colorectalcenter@chp.edu

412-692-5150