

Home rectal - enema routine

Your child has the following enema routine to assist with bowel management.

You will need to attend to daily/or _____ enemas at home to ensure your child does not become constipated or have accidents throughout the day.

Please follow the plan given to you by your treating team.

What you will need

- Normal saline (see page 2 for recipe)
- Glycerol/ _____
- Size _____ Rectal/Nelaton Catheter
- Water-based lubricant
- 60ml catheter tip syringe.

Enema steps

1. Gather equipment needed for the enema. Wash hands well with soap and water.
2. Lay your child on a comfortable surface on their left side with their knees pulled up towards their chest.
3. Draw up _____mls Glycerol/ _____ made up to 60mls of warm normal saline in syringe. Insert syringe into the end of the nelaton/rectal catheter. Prime the catheter (fill with solution).
4. Insert lubricated and pre-primed catheter into the rectum approximately _____cms.
5. Gently flush _____mls of the solution through tubing by slowly pushing down on the plunger of the syringe, allowing the required amount to go through. There should be no resistance.
- (If using the gravity method you were shown, you may need to gently insert the plunger into the top of the syringe and then remove immediately to start the flow of solution).
6. Repeat the process of filling up the syringe with _____mls Glycerol/ _____ made up to 60ml (if your child has greater than 60ml total volume) until the correct amount of solution is instilled into the bowel.
7. Remove the catheter from the rectum and ensure your child is clean and dry. Replace nappy/continence aid (if applicable) and/ or make sure your child has a sheet /towel for any leaking to keep them comfortable.
8. Encourage your child to keep laying on their side for approximately 20 minutes.
9. Assist your child to sit on the toilet/potty up to one (1) hour or until they have had a bowel motion.
10. Please wash syringes after each use with warm soapy water and store in a clean container.

Care and management

Abdominal cramping can occur during the washout but can be managed with a warm pack.

- Your child should not be sitting on the toilet for longer than 1 hour.
- Discuss your child's management plan with their school as needed.

Normal saline recipe

Normal saline for the washouts can be made easily at home. Mix 1 teaspoon of salt to 600ml cooled boiled water and store in the fridge for the day. Warm the solution before administering. Throw away after 24 hours.

For ongoing issues with constipation with less than effective results from washouts, please notify your treating team as soon as possible.

Contact: _____

If the child needs urgent medical attention, please call 000 or present to closest Emergency Department.



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