

# Home antegrade continence enema (ACE)

## Washout routine

Your child has an ACE to assist with bowel management. You will need to do daily bowel washouts 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 or \_\_\_\_\_
- If your child has a CHAIT: CHAIT adaptor
- If your child has a BUTTON: Extension set (En-fit or catheter tip connection)
- If your child does not have a chait or button: size \_\_\_\_\_ catheter and water-based lubricant to insert into the tract
- 60ml catheter tip syringe or 60ml syringe with appropriate connector for the button extension tube (En-fit)

### Washout steps

1. Gather equipment needed for washout. Wash hands well with soap and water.
2. Sit / encourage your child on to the toilet or potty. Ensure they are comfortable. A stool under their feet and/or an over the toilet seat may help. (Alternatively, your child's usual device – continence aid/nappy)
3. Draw up \_\_\_\_\_mls Glycerol or \_\_\_\_\_

made up to 60mls of warm normal saline in syringe. Insert syringe into the end of the adaptor/extension set and prime the line (fill with solution).

4. **For CHAIT:** Insert the clamped and pre-primed adaptor into CHAIT

**For BUTTON:** Attach the clamped and pre-primed extension set onto the button

**NO CHAIT/BUTTON:** Insert pre-primed and well lubricated catheter into your child's ACE tract approx. \_\_\_\_\_cms.

5. Unclamp and flush solution through tubing.
6. Follow immediately after with a flush of 60mls of normal saline.
7. Wait 20 minutes. If no result after 20 minutes give another flush of 60-120mls normal saline as above.
8. Please wash syringes CHAIT adaptor/extension set/catheter after each use with warm soapy water and allow to air dry. Store in a clean dry container.
9. If there is no result after one (1) hour you may need to decompress the bowel by reconnecting/reinserting the catheter/ tube/ extension set and allowing it to drain into the toilet/bowl. Do not give any more solution. Contact your treating team/GP.

## Care and management of ACE site

- Inspect and gently wash around ACE site daily in the shower or bath and pat dry.
- 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 one (1) hour.
- If the ACE site is rubbing on clothing, cover with a Band-Aid or simple dressing to protect it from being dislodged.
- Your child can swim and play sport with an ACE: Discuss options for swimming with Stomal Therapist/Clinical Nurse/GP/Treating Team
- Discuss your child's management plan with their school as needed.
- **For CHAIT:** If CHAIT comes out of the abdomen slightly (up to 1 coil) gently push back in. If CHAIT comes out more than one coil or completely, place device in plastic bag and present to local hospital with CHAIT as soon as possible. ALWAYS bring your child's CHAIT adaptor and spare CHAIT to hospital with you.
- **For Button:** If button falls out and you are unable to replace button, refer to GP or Emergency as soon as possible. ALWAYS carry your spare button with your child in case replacement is required.

## Normal saline recipe

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

For difficulty inserting the catheter or having ongoing issues with constipation with less than effective results from washouts, please notify the 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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