

Enema

Procedure for giving your child a modified continence enema at home

Supplies

- Enema bucket with tubing and clamp
- Lubricant (KY jelly or Lubrifax)
- Bulb syringe
- Water
- Solution* (see the following suggested solutions)

1. Fill the bucket provided to you up to 300 cc with a warm water solution (see the following). Before giving the enema, open the clamp and let some water run through the tubing. Quickly re-clamp the tubing once you see it is full.
2. It may be helpful to hang the bucket from a hook behind the toilet. If you have help, your helper can hold the bucket up during the process.
3. Have your child sit on the toilet with feet supported on a small stool or box so that the knees are level with the waist.
4. Insert the enema tube (lubricated with a water-soluble lubricant such as KY jelly) by having the child lean forward to allow access to the rectal opening. Gently insert the enema tube about two to three inches into the rectum. If there is stool (poop) in the rectum, remove it with your finger before putting in the tube.

5. Slide the bulb firmly against the rectum to provide a “seal” so that the water does not run out. The nurse will show you how.
6. Open the clamp and let the water solution run in. If your child feels cramping, the flow may be too fast. Lower the bucket to slow the flow down.
7. When all the water has drained from the bucket, remove the tube from the rectum and have the child remain on the toilet. Tell her to push until a bowel movement has occurred (this should take about 20 to 30 minutes).
8. Clean all the equipment (bucket, tubes and bulb) with warm, soapy water and hang tubing to dry.

*Suggestions for enema solutions

Your health care provider will select one of these for your child:

- Warm water with ½ teaspoon table salt per 500 cc
- Warm water with 10 cc Fleets bisacodyl solution per 250 cc
- Warm water with ½ teaspoon baby shampoo per 300-500 cc

FOR MORE INFORMATION

- Neurodevelopmental / Birth Defects (206) 987-2184
- Your Child’s Health Care Provider

Children’s will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.

This handout has been reviewed by clinical staff at Children’s Hospital. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s health care provider.