# Irrigations for Enterocolitis in Children with Hirschsprung Disease

If your child has symptoms of enterocolitis, irritate first and then call your doctor.

<table>
<thead>
<tr>
<th>What is enterocolitis?</th>
<th>If your child has Hirschsprung disease they can get an infection in the large intestine called enterocolitis that may make them very sick. The symptoms of enterocolitis are:</th>
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<td>• Fever  • Swollen belly (distention)  • Constipation (not stooling)  • Vomiting  • Explosive diarrhea  • Foul smelling stool or gas</td>
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| What is a colonic irrigation and how is it different from an enema? | A colonic irrigation is used to clear the bowels when there is a concern for enterocolitis. This is done by using small amounts of salt water (saline) injected into the rectum through a large tube (catheter) to irrigate the colon. It is different from an enema, which uses a large amount of saline with a stimulant, such as soap, to cause your child to have a large bowel movement. |

<table>
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<tr>
<th>What do I do if my child has symptoms of enterocolitis?</th>
<th>You should give your child a colonic irrigation first, following the steps on page 2, and then call your doctor. While your child has symptoms of enterocolitis, you will need to irrigate 3 times a day or more often, if needed.</th>
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<td>If your child recently had surgery for Hirschsprung disease, do not give your child a colonic irrigation for at least 2 to 4 weeks after surgery. If it has been less than 4 weeks since your child’s surgery and they have symptoms of enterocolitis, take your child to Seattle Children’s Hospital Emergency Department or your local Emergency room to be seen right away. Ask the care team to call and consult with your Gastroenterology (GI) or Surgical doctor at Seattle Children’s.</td>
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| How do I give my child a colonic irrigation? | **Gather supplies:**  • Normal saline  • Bath towels or washcloths  • 2 small tubs or pink basins  • 60 ml catheter-tip syringe |

## To Learn More
- Reconstructive Pelvic Medicine 206-987-1240
- Gastroenterology 206-987-2521
- Ask your child’s healthcare provider
- seattlechildrens.org

## Free Interpreter Services
- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.
Colonic Irrigations for Enterocolitis in Children with Hirschsprung Disease

- Water soluble lubricant (Surgi-lube packets or KY Jelly)
- Silicone catheter, or red rubber catheter (the red rubber catheter contains latex, please make sure your child does not have a latex allergy before using red rubber)
  - Size 16 french for a child less than 1 year
  - Size 24 french for a child over 1 year

Steps for irrigation:
1. Warm the normal saline bottle in a sink of warm water. Test the temperature on your wrist to make sure that it is not too hot.
2. Pour the saline into one of the small basins.
3. Lubricate the tip of the catheter.
4. Have your child lie on their back, with knees bent to the chest.
5. Gently insert the lubricated catheter into the rectum.
6. Pause, allow for stool or gas to run out into the second small basin.
7. As you move the catheter further in, allow for any other pockets of gas or stool to empty. Push the catheter gently so it follows the natural curve of the colon. Do not force it or push it in any further than the “y” of the catheter.
8. Draw up 20 ml of the warm saline into the syringe.
9. Attach the syringe to the catheter.
10. Inject the saline into the catheter.
11. Take the syringe off the end of the catheter and let the saline drain into the basin.
12. Repeat steps 8 to 11. Move the catheter in about 1 inch each time, before injecting the 20 mls of warm saline.
13. Every time, after you inject the saline, let it drain from the catheter into the basin.
14. If the amount that is draining out of the catheter is not the same, or is more than the amount of saline that has been put in, move the catheter in and out while twisting it, to drain the pockets of saline, gas, and stool.
15. If you feel that the catheter hasn’t drained well, you can attach the syringe to the catheter and pull back gently on the syringe. Do not pull on the syringe if you meet resistance! If you notice you are not getting out as much fluid as you put in, over the next couple of irrigations, do not continue to put in more fluid.
16. Repeat this process until the fluid that is draining out of the catheter is clear.
17. Once the fluid that drains out of the catheter is clear, take the catheter out of the rectum.
18. Wash the supplies with soap and water, and let them dry. These supplies can be re-used.