

Directions for the use of an enema

In order to see the lining of the bowel clearing during the procedure, the back passage needs to be empty. You will need to give yourself an enema 1-2 hours before leaving home to attend your appointment.

You may have a light breakfast/lunch on the day of your test, but do not eat anything after using the enema; you may have water to drink.

Preparing the enema

The modern enema is small, simple and very easy to use.

You should not use an enema if you are having treatment for kidney disease, colitis or have diarrhoea.

- Wash hands
- Pull off orange tip from the nozzle, keeping the enema upright so it does not spill.
- Lay on left side with a towel placed underneath you, and bend knees.
- Insert whole nozzle into the back passage and squeeze the bottle until it feels empty.
- Stay lying down and hold the liquid in the bottom for about 5 minutes if possible.
- Go to the toilet, but do not worry if you only pass the enema

Some people experience mild stomach cramps for a short while after using the enema.

Occasionally people feel faint or dizzy; if you do, either lie down safely or place your head between your knees.

You are advised to stay near a toilet for about an hour.

The enema will have worked within the first hour so it will not hinder your journey into the hospital.

If you do not feel you can manage to prepare the enema, please phone the Endoscopy Unit and you will be asked to come into the Unit earlier than your appointment so that a nurse can give you the enema.