

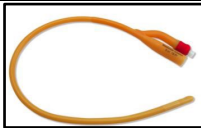





Enema Administration for Bowel Management

Why does my child need an enema?

Children with colorectal conditions often need help cleaning out their colon (bowel). Clearing out the bowels often helps stop poop accidents and treat long-term constipation.

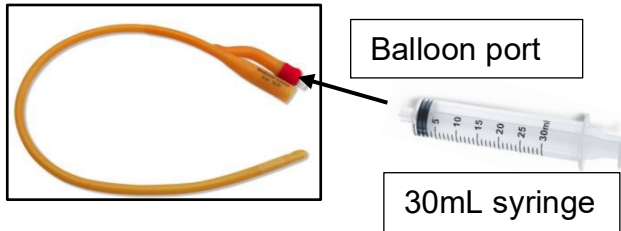
An enema is a liquid medicine put in the rectum (where poop comes out) to clean out the colon and keep your child free from poop accidents. This enema will need to be given every day.

What supplies do I need?

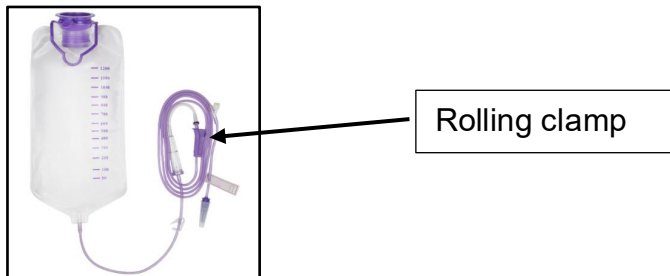
	<ol style="list-style-type: none"> 1. 24 Fr (size) Foley catheter
	<ol style="list-style-type: none"> 2. 60 mL syringe (to clean the Foley catheter)
	<ol style="list-style-type: none"> 3. 30 mL syringe (to inflate the balloon on the catheter)
	<ol style="list-style-type: none"> 4. Water-soluble lubricant (to help the catheter insert easier)
	<ol style="list-style-type: none"> 5. Gravity bag and tubing (to give the enema).
	<ol style="list-style-type: none"> 6. Enema solution (how much and what type of the solution will be decided by your child's doctor)

Prepping for the enema

1. Wash your hands.
2. **Test** the balloon on the Foley catheter by attaching the 30 mL syringe to the balloon port and pushing air into (inflating) the balloon. Then pull back on the syringe to make sure all air is removed.



3. Prepare the enema solution as ordered by your child's doctor.
4. Clamp the tubing and pour the solution into the enema bag. Hang the bag on a hook.



5. Gently mix the enema solution by massaging the bag, but do not shake it.
6. Attach the Foley catheter to the enema bag tubing.
7. Use a permanent marker to mark a line on the Foley catheter at 6 inches from the tip (the part that goes into the rectum).
8. Unclamp the tubing and allow the enema solution to fill the tubing and the catheter.
9. Re-clamp the tubing.
10. Place water-based lubricant on the end of the Foley catheter.

You now have your supplies ready.

Place your child in the proper position



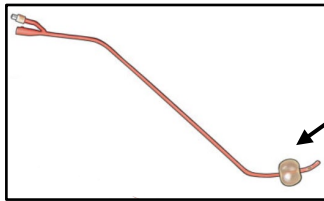
Children 2–12 years old



Children older than 12 years old

Giving the enema

1. Gently put the Foley catheter 4-6 inches into your child's rectum. Guide the tip of the catheter towards the belly button.
2. Using the 30 ml syringe, inflate the Foley balloon with 30 mL of air and then remove the syringe.



Balloon on Foley with air in it (inflated)

3. Gently pull back on the Foley catheter until you meet resistance. This will form a plug that will stop the enema fluid from leaking out of your child's bottom.
4. Unclamp the tubing and let the enema solution flow. It should take about 5-10 minutes for the enema bag to empty.
 - a. To slow down the enema, use the roller clamp on the tubing or lower the enema bag
 - b. Your child may feel like they have to use the bathroom while the enema is flowing in. Have your child take deep breaths to distract them.
5. Once all the enema has been given, clamp the tubing. Have your child stay in the enema position for 5-10 minutes. Set a timer.
6. After 5-10 minutes, have your child sit on the toilet. Remove the air from the Foley balloon and gently pull out the Foley catheter.
7. Have your child sit on the toilet for about 30-45 minutes to allow the enema fluid and poop to come out.
8. Rinse the enema bag with water and flush the Foley catheter with soap and water using the 60 mL syringe. Let everything air dry.
9. Wash your hands.

Questions or concerns?

Please feel free to contact the surgery clinic at 214-456-6040 or send a message via MyChart. If you have urgent issues after hours, please call the hospital operator at 214-456-7000 and ask them to page the Pediatric Surgeon on call.