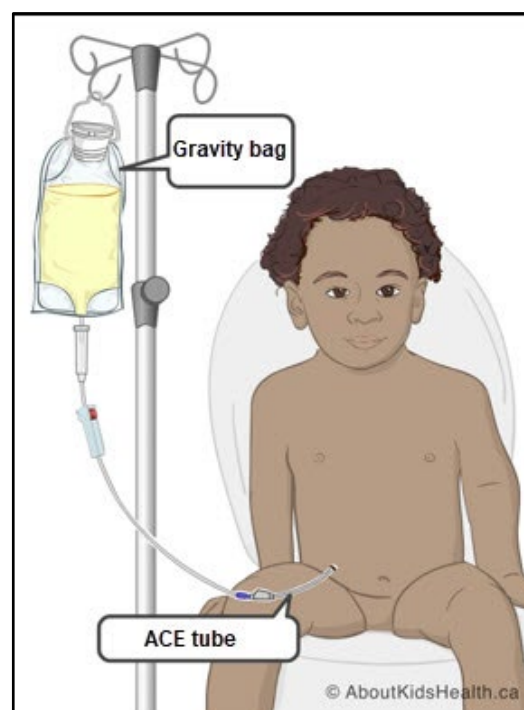


Instructions for Antegrade Continence Enema (ACE) Flush with Homemade Normal Saline.

Your child has had an ACE procedure and now it is time to give your child the enema (sometimes called an irrigation or flush) through the tube. This allows for the enema solution to go through the entire colon (large intestine) to help keep your child pooping regularly.

Flush (Enema) Procedure

1. Wash your hands with soap and water.
2. Gather the following supplies:
 - gravity bag (reusable)
 - connecting tube (reusable)
 - room temperature enema solution
3. Measure out the amount of normal saline solution and additives as ordered by your doctor.
4. Close the clamp on the gravity bag tubing.
5. Fill the gravity bag with the enema solution.
6. Hang the gravity bag on an IV pole or a coat hook about 5 ft above the ground.
7. Open the clamp on the gravity bag tubing and let the solution fill the tubing to the end. Then clamp the tubing.
8. Have your child sit on the toilet.
9. Attach the connecting tube to the ACE tube.
10. Attach the gravity bag to the connecting tube.
11. Open the clamps on the gravity bag and connecting tube to let the solution run in by gravity. This should take around 10-15 minutes.
 - If your child starts to have belly cramps, slow the rate down by adjusting the clamp on the gravity bag or by lowering the bag.
12. When the gravity bag is empty, close the clamps on the gravity bag tubing and connecting tube.
13. Disconnect the connecting tube from the ACE.
14. Keep your child sitting on the toilet while waiting for the enema to start working. This may take 30 to 45 minutes.
15. Massaging the belly firmly, right to left, may help empty the colon faster.
16. When your child is done pooping, clean them as usual.
17. Wash your hands with soap and water.



Rinse the gravity bag and connecting tube with warm water. Then wash the gravity bag and connecting tube with soap and hot tap water. Allow them to air dry. You will use this same bag and connecting tubing again for the next enema.

Enema solution for an ACE

The enema solution is made up of normal saline and other additives. Normal saline is salt and water mixed together in specific amounts. **It is very important you follow the recipe exactly using kitchen measuring tools.** If it is mixed wrong, it could be harmful.

Supplies

- Plain table salt (not sea salt) from the store - any brand
- Water from the sink or distilled drinking water from the store - any brand
- If using well water, you have to boil it for ten minutes, let it cool for one hour, and then boil it again for another ten minutes before mixing it with salt
- Clean container with a lid
- Measuring teaspoon
- Measuring cup
- Large spoon

Recipe & Instructions

Wash your hands. Measure 4 cups of warm or room temperature water and pour it in a clean container with a lid. The salt dissolves in the water better if the water is warm. Add 2 teaspoons (tsp) of table salt. Mix well with a large spoon. Label the container **Normal Saline** and put the **date and time** it was made.

Storage of Normal Saline

Normal saline can be stored at room temperature for 3 days in a closed container or in the refrigerator for up to 2 weeks. If stored in the refrigerator, take out the amount of normal saline you need, and allow 1 hour for it to come to room temperature before using.

