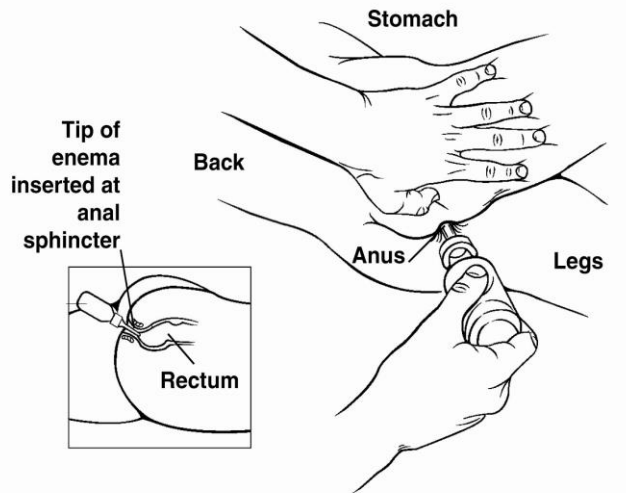


What are enemas?

An enema is a type of medicine given through the rectum (bottom). It helps your child to have a bowel movement.



How should I give a prepackaged enema?

1. Gather your supplies.
 - Prepackaged enema bottle
 - Warm water or water-soluble jelly (such as KY Jelly, Surgilube or other brands)
2. Wash your hands well with soap and water for at least 20 seconds.
3. To make it easier to give the enema:
 - Have your **baby or toddler** lie on their tummy with their knees bent under their tummy. Or you can place them on their tummy across your lap.
 - Have your **child** lie on their left side and bring one or both of their legs towards their tummy.
 - Let **teens** give the enema to themselves if they want to.
4. Remove the enema tip cap.
5. Put warm water or water-soluble jelly (such as KY Jelly, Surgilube or other brands) on the tip to make it easier to put in. **Do not** use petroleum jelly, such as Vaseline.
6. Put the tip in slowly and gently, pointing it toward the belly button.
 - Put it in just past the anal sphincter (the muscle inside the rectum). This is most often about 1 inch into the rectum for babies and toddlers and about 1.5 to 2 inches for older children.
 - If it is not easy to put in, do not force it.
7. Give the enema slowly by squeezing the plastic bottle. A small amount of extra fluid may stay in the bottle.
8. Let your child know they are going to feel like they need to push for a bowel movement. They will need to keep the enema fluid in for at least 5 minutes and up to 10 minutes.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Enema, continued

- The longer your child keeps it in, the softer the enema fluid will make the stool and the better it will work.
 - You may need to hold your child's buttocks closed after giving the enema.
9. After holding in the enema fluid for the advised time:
 - Place a diaper on your baby.
 - Place your young child on a potty chair.
 - Let older children and teens to go to the toilet.
 10. Clean the skin as needed.
 11. Wash your hands well again.

How should I give a bag enema?

1. Gather your supplies.
 - Normal saline
 - Other ingredients (only as advised by the doctor)
 - Pad or thick towel
 - Warm water or water-soluble jelly (such as KY Jelly, Surgilube or other brands)
 - Syringe (only as advised by the doctor)
2. Wash your hands well with soap and water for at least 20 seconds.
3. Mix normal saline and other ingredients to the enema bag as advised by the doctor.
4. Remove the enema tip cap. Allow the fluid in the enema bag to fill to the end of the tubing; then, clamp or kink the tubing. Hang the bag 12 to 18 inches above your child.
5. To make it easier to give the enema:
 - Have your **baby or toddler** lie on their tummy with their knees bent under their tummy. Or you can place them on their tummy across your lap.
 - Have your **child** lie on their left side and bring one or both of their legs towards their tummy.
 - Let **teens** give the enema to themselves if they want to.
6. Place a pad or thick towel under your child.
7. Put warm water or water-soluble jelly (such as KY Jelly, Surgilube or other brands) on the tip to make it easier to put in. Do not use petroleum jelly, such as Vaseline.
8. Put the tip in slowly and gently, pointing the tip toward the belly button.
 - Put it in just past the anal sphincter (the muscle inside the rectum). This is most often about 1 inch into the rectum for babies and toddlers and about 1.5 to 2 inches for older children.
 - If it is not easy to put in, do not force it.
 - **Note:** If you are using a high volume enema with a catheter, use a syringe to fill the catheter balloon with 30 or 50 milliliters (mL) of air as advised by the doctor. This will help keep the catheter in the rectum while the fluid is flowing.
9. Allow the enema fluid to flow in slowly. Do not squeeze the bag.
10. Let your child know they are going to feel like they need to push for a bowel movement. They will need to keep the enema fluid in for at least 5 minutes and up to 10 minutes.
 - The longer they keep it in, the softer the enema fluid will make the stool and the better it will work.

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Enema, continued

- You may need to hold your child's buttocks closed after giving the enema.
11. After holding in the enema fluid for the advised time:
 - Note: If you are using a high volume enema with a catheter, use a syringe to deflate the catheter balloon.
 - Place a diaper on your baby.
 - Place your young child on a potty chair.
 - Let older children and teens to go to the toilet.
 - Your child may need to sit on the toilet for 30 to 45 minutes to fully get rid of stool.
 12. Clean the skin as needed.
 13. Wash your hands well again.
 14. If you are using a reusable enema bag, wash the bag with warm soap and water after each use.

What can I do to help calm my child?

- Let your child know they need the medicine to help them feel better.
- Tell them it should not take long to get the enema.
- Have someone gently hold your child if they will not stay still.
- Try to stay calm while giving the enema.
- Encourage your child to take slow, deep breaths.
- Give the enema in a quiet room away from other family members to respect your child's privacy. Place a towel or sheet over your child so you can only see the anus (opening where bowel movement comes out).
- Distract your child with stories, songs, videos or back rubs.
- Praise your child for listening and following directions.
- Comfort your child when you are done.

When should I call the doctor?

Call the doctor if your child:

- Does not have a bowel movement after the enema.
- Brown water comes out after the enema.
- Cannot have a bowel movement without getting an enema or laxative often.
 - This may not be a reason to call the doctor if your child has a pelvic and anorectal malformation.
 - Talk with your child's doctor if you have questions.
- Vomits (throws up) or has tummy pain that does not stop after the enema.
- Has blood in their bowel movement.

Also call if you have any questions or concerns about how your child looks or feels.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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