

Tips and tricks for large volume enemas.

This document may help you troubleshoot when you have problems giving the enema.

Flow Problems:

- Leave the lid of the enema bag open as you give the enema.
- Squeeze the drip chamber of the enema tubing to fill it $\frac{1}{2}$ way with fluid.
- Take the cap off the tubing before inserting it into the catheter.

Catheter Problems:

- The catheter is slipping out of the rectum while giving the enema:
 - Take the syringe off the catheter port after pushing air into the catheter balloon. If you keep it on, the air will come out of the balloon back into the syringe.
 - Make the catheter balloon bigger by pushing more air into the balloon with the syringe. Increase by 10 mL at a time (for example, increase from 30 mL to 40 mL). The balloon will hold up to 75 mL.
- Poop is clogging the holes of the catheter:
 - Pull the catheter out of the rectum. Clean the catheter by pushing tap water through it with a 60 mL syringe allowing the poop to come out onto a paper towel.
- Your child is pushing out the catheter or fluid is leaking around the balloon while giving the enema:
 - This can be normal as your child may feel pressure and fullness, like they need to poop. Pushing out the balloon will not hurt your child. The balloon is very flexible.
 - Distract your child with music, books, meditation, electronics, etc.
 - Have your child lie on their left side with their knees towards their chest. You may also try having them lie down on their belly with their bottom in the air.
 - Make the balloon bigger by pushing more air into the balloon with the syringe. Increase by 10 mL at a time (for example, increase from 30 mL to 40 mL).
 - As you give the enema, gently pull back on the catheter until you meet resistance. This will form a plug that will stop the leaking.
- Your child tenses up and you are unable to put the catheter into the rectum:
 - Help your child relax by doing some deep breathing or distract your child with music, books, meditation, electronics, etc .
 - Lubricate the catheter well, gently pull apart the buttocks, and put the catheter in once your child relaxes.

Fluid / Solution Problems:

- Mix the enema solution correctly. Double check the recipe.
- Pour the prescribed amount of normal saline into the enema bag before putting in the additives.
- If the solution appears gooey and gets stuck in the tubing of the catheter.
 - Mix the solution right before giving the enema. Do not let it sit in the bag for long.

- Mix the solution well by massaging the bag. Then run it through the tubing.
- Keep the normal saline room temperature.
- After each use, clean the bag and the tubing with soap and water. Let warm water run through the tubing to rinse it out. Let everything air dry.

Nausea and vomiting:

- Wait at least 1 hour after your child finishes a meal before giving an enema.
- Make sure your child has enough fluids by drinking water throughout the day.
- Slow down the flow of the enema by using the roller clamp on the tubing or lowering the enema bag toward the floor.
- Make sure the fluid is warm. Never microwave the enema solution. If needed you can place the saline container into some warm water. (Similar to warming a baby bottle.)
- Place a cool washcloth over your child's neck/forehead for comfort.

Abdominal cramping:

- Some abdominal cramping (belly ache) is normal while getting an enema.
- Offer your child a warm pack or soft teddy to put on their belly for comfort.
- Reassure your child that some cramping is normal, and it will go away after the enema fluid and poop have emptied out into the toilet.
- Help your child relax by doing some deep breathing or distract your child with music, books, meditation, electronics, etc.

Gas:

- Before starting the enema, remove the air from the tubing. Do this by squeezing the drip chamber of the tubing to fill it ½ way with fluid and allowing the fluid to flow all the way to the end of the catheter (prime the tubing).
- If you think your child needs to release gas, put the catheter into your child's rectum before connecting it to the enema bag. This may offer your child some relief.

Positioning on the toilet after giving the enema:

- Have your child sit with their feet on a step stool with their knees higher than their hips.
- Use a padded toilet seat to help cushion their bottom.
- Your child should sit for a total of 45 minutes. Offer your child a break halfway to stretch their legs but have them stay close to the bathroom.