

# Welcome to Bowel Management!

Please type your child's last name in the chat box for attendance purposes.  
Thank you!





# How to Give an Enema

## What You Will Need

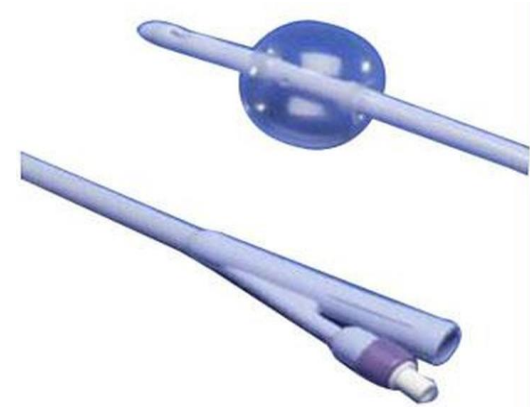
- Normal saline solution



- Enema bag



- 22 or 24 French (Fr) silicone catheter with 10 milliliter (mL) balloon



- Water-soluble lubricant, like Surgilube or KY Jelly



- Graduated Cylinder



- 60 mL catheter tip syringe – used to clean the catheter



30ml luer lock syringe-used to inflate the balloon on the catheter



- 35ml cath tip syringe-”grey for glycerin”



- Clothes hanger



- Castile Soap Packets- Additional stimulant used to make enema stronger, usually not used at first.



# Testing the Balloon

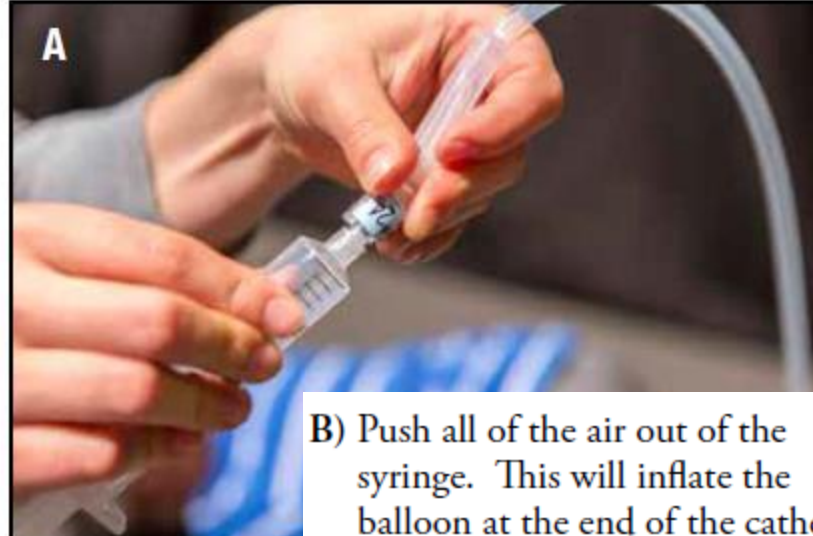
## Step 1.

Pull back the plunger on the 20 milliliter (mL) syringe, and fill it with 10mL air. Do not draw up any more than 10mL.



## Step 2.

A) Attach the syringe to the catheter port.



B) Push all of the air out of the syringe. This will inflate the balloon at the end of the catheter to test that it is working.



## Step 3.

Pull the plunger of the syringe back. Draw out the 10mL of air you just put into the balloon. Make sure the balloon is deflated all the way. Remove the syringe from the port.



**Step 4.** Grab the gravity feeding bag and move the roller clamp down as far as it will go. Down=Off, Up=On (like a light switch). We want to make sure the bag is clamped before we pour our enema solution in the bag.



**Step 5.** Mix your prescribed regimen. This can be done directly in the enema bag or with the graduated cylinder. Measure the glycerin with your “grey for glycerin” syringe.



**B.** Mix the ingredients gently by rubbing the bag between your hands. We also recommend warming the enema solution. This can help minimize cramping.



**Step 6.** Attach the end of the enema bag tubing to the end of the catheter



**Step 7.** Prime the tubing and catheter with the enema solution by pushing the roller clamp to the up position. Push the roller clamp back down once the solution reaches the end.



**Step 8.** Position your child for the enema



■ **Left-side position:** Lie on left side with knee bent, and arms resting comfortably.

**Step 9.** Apply lubricant to the end of the catheter



And pull back 20ml of air and attach your balloon syringe to the catheter. Do not inflate balloon yet.



### Step 10.

Insert the catheter into the rectum about 4 inches. If it is easier for you, measure 4 inches down from the end of the catheter before inserting the tubing.

### Step 11.

Push on the plunger of your syringe to fill the balloon with 20ml of air. While holding down the plunger, detach the syringe.

### Step 12.

Pull back gently on the catheter to make sure the tubing is securely in place and the balloon does not pop out. The inflated balloon keeps the enema solution from leaking while the solution goes in.





**Step 13.**

Push the roller clamp of the tubing up to the on position, a little over half way. Let the solution flow in over 5-10 minutes. Adjust the roller clamp as needed.

Once the solution has infused all the way, put your roller clamp in the off position. Have your child hold the solution inside for 5-10 minutes.

**Step 14.**

Move your child to the toilet with all the tubing in place.



**Step 15.**

Attach the balloon syringe to the catheter port and deflate the balloon. Remove the catheter from the rectum.



**Step 16.**

Have your child sit on the toilet for about 45 minutes to completely empty stool from the bowel.



# Clean your supplies



## **Step 17.**

When you are done, rinse the enema bag with water. Use the 60mL syringe to flush soapy water through the catheter.

# Tips & Tricks

- There is leaking during the enema:
  - Gently pull back on the catheter to make sure the balloon is creating a seal
  - Stop the infusion and increase the balloon volume by 10ml. The balloon can hold up to 90ml of air, so don't be afraid to increase.
- My child is complaining of cramping or pressure during the enema:
  - Slow the infusion speed and warm the solution
  - Encourage child to act like they are blowing bubbles or take deep breaths
- My child does not want to do the enema:
  - Allow the child to play with the enema parts and decide what level of participation they want to have in the process.
  - Offer a special toy, tablet, or show that is only allowed during the enema time
  - Provide immediate reward for compliance

- Give enema at the same time everyday.
- Be patient with yourself and understand it will most likely not go perfect the first, second or third time!
- You will receive 1 on 1 teaching either in clinic or during your first telehealth visit.
- One of our child life specialists will be present to help come up with a game plan.
- Don't hesitate to reach out with any questions or concerns that come up throughout the week.
  - For after-hour urgent questions please email CCPRonCall.
  - We have a nurse on-call from 6pm-10pm M-F and most weekends until 9pm to help with urgent matters.
- I highly encourage you to attend the Parent Support Group on Tuesday to meet other families who have been through this.



# Questions?

