



**A GUIDE
FOR
PATIENTS**

HOW TO USE AN ENEMA

**YOUR SIGMOIDOSCOPY APPOINTMENT
AT LIVINGCARE.**



LivingCare

HOW TO USE AN ENEMA.

If you have never used an enema before do not worry- They are very easy to use.

You have been sent an enema so that you can prepare your lower bowel for examination. In order to see the lining of the bowel clearly, it is helpful if the back passage is empty. An enema is a quick and easy way to do this.

If you know that you have a chronic constipation problem please ring 0113 249 4655 for advice from our staff.

WHEN TO USE THE ENEMA.

Use the enema two hours before you come to the surgery for your appointment.

Do not eat for at least 30 minutes before the enema.

Do not eat after using the enema until after the examination.

You should use the enema even if you have just opened your bowels.

BEFORE USING THE ENEMA.

- Make sure you are near a toilet.
- Find somewhere comfortable to lie down on your left side.
- Have a towel to lie on just incase liquid leaks out.

INSTRUCTIONS FOR USE.

1. Use the enema at room temperate or slightly warm. You can place it in a jug of warm water for a short while.
2. Remove the tip from the nozzle.
3. Lubricate/wet the nozzle.
4. Insert the nozzle into the back passage as far as is comfortable.
5. Squeeze the enema bag gently until empty.
6. Try and hold the liquid in for at least 5 minutes.
7. Go to the toilet and open your bowels.

If you require any further advice, please ring our team on 0113 249 4655