

Patient Instructions: How to Give an Enema

These instructions are for Children's Hospital of Philadelphia (CHOP) patients and families who have been instructed to give their child an enema.

Important information about giving an enema:

At certain times during your child's treatment, they may need an enema. Children do not enjoy having enemas and may try to resist.

Here are some suggestions to help you be successful when giving your child an enema.

- **Find ways to help yourself and your child relax.**

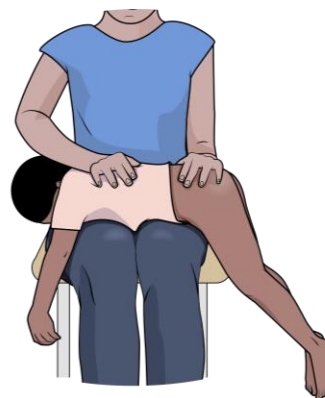
Some ideas for helping your child to relax include:

- Take slow, deep breaths.
- Cuddle a soft toy or special blanket.
- Play your child's favorite music or video.
- Have someone read to your child or offer them a book to read.

- **Position your child correctly.**

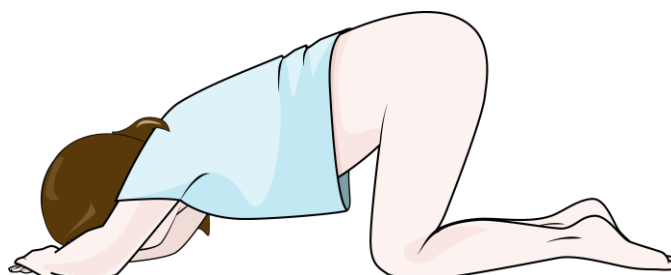
- Infant or Toddler:

Lay your child belly-down across an adult's lap.



- Older children or young adults: This age group may prefer to give the enema by themselves (without adult assistance).

Lie on the left side with knees bent up against chest **or** lie on the stomach and bring the knees up to the chest, pointing buttocks upwards.



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Instructions for how to give an enema:

1. Open the box and remove the enema bottle.
2. Remove the cap from the enema bottle. The tip of the bottle is slippery so that it will slide into the rectum easily.
3. Ask your child to “push” as if they are having a bowel movement. This helps your child to relax. Remind your child to take slow, deep breaths.
4. Insert the tip of the enema bottle into the rectum. If your child feels that the enema tip on the adult Fleet bottle is too uncomfortable, you may place the child-size fleet tip on the adult Fleet bottle.
5. As your child bears down or pushes, gently and steadily squeeze the contents of the enema into the rectum.
6. If your child can follow directions, they should try to hold the enema liquid in for at least 5 minutes. You may need to help your child by squeezing their buttocks together.
7. After the enema, have your child sit on the potty seat or toilet. Keep their feet flat on the floor or a stepstool. Your child should stay on the toilet until they pass stool. It should not take more than 10-15 minutes.
8. After a mineral oil enema, it is common that your child may pass little or no stool. Do not be alarmed when there seems to be no results after this type of enema.

Contact your CHOP healthcare provider with any questions or concerns.