

Patient Instructions: Giving a Foley Catheter Enema

These instructions are for caregivers of Children's Hospital of Philadelphia (CHOP) patients who have been instructed to give an enema using a Foley catheter.

Irrigation enemas are enemas that use saline solution in a high volume to help to flush the colon and to help with chronic constipation. There are 3 different ways to give an irrigation enema:

- Red rubber catheter
- Foley catheter
- Cone enema

Important information about enemas using a Foley catheter:

- Children respond to their parents' attitude.
- The way that you explain the procedure to your child will affect how your child tolerates the enema.
- Do not apologize.
- Be confident and positive.
- Reserve at least an hour in the evening for enema administration.
- It is important for your child to sit for at least 30 minutes after the enema to help with cleaning out the colon.
- Provide your child with a book to read, a DVD to watch, or a game to play to prevent boredom.
- At first enemas are given every evening to help empty stool from the colon.
- As your child is able to progress without soiling accidents, enemas may be switched to every other night.
- It is common for your child to complain of cramping during the first few enemas. The cramping improves with time.
- Your child's healthcare provider will tell you the amount of enema fluid that your child needs.
- The higher you place the enema bag the faster it is going to flow. You can control the speed of enema by changing the height and adjusting the roller clamp on the tubing of the enema bag.
- The goal is to keep stools soft, prevent soiling accidents, and have daily bowel movements.

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Instructions for Foley catheter enema:

Gather Supplies:

- Old Towels
- Water
- Table Salt
- Gloves
- Lubrication Jelly (K-Y Jelly) - needs to be water soluble



- Foley Catheter 22 or 24 French with 10 ml balloon



- Enema Bag



- Connector



- 30 ml syringe



Prepare for the enema

1. Gather the supplies.
2. Measure the Foley catheter at 3 and 4 inches and mark with a pen or a marker. (See Figure 1)
3. Make the solution for the enema:
 - Add table salt to warm tap water as instructed by your child's healthcare team.
 - The solution should be warm (body temperature). Cold solution can cause cramping.
 - Test the enema solution by pouring some on the inside of your wrist.
 - Warm the solution before you pour it into the enema bag.
4. Check the balloon in the Foley catheter to make sure it is working properly.
 - Pull back 15 ml of air into the syringe.
 - Attach the syringe to the balloon port on the Foley. (See Figure 2)
 - Insert the 15 ml of air into the Foley.
 - The balloon at the end of the Foley will expand. (See Figure 3)
 - Remove the 15 ml of air from the balloon.
5. Keep the syringe attached to the Foley with 15 ml in the syringe.
6. Cut the tubing of the enema bag to remove the part with holes. (See Figure 4)
Attach the connector. (See Figure 5)



Figure 1



Figure 2



Figure 3



Figure 4

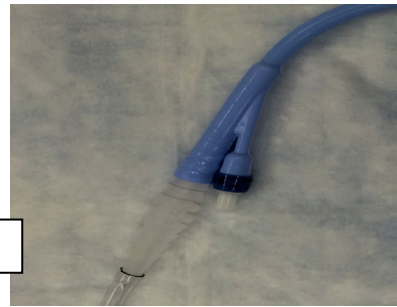


Figure 5

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7. Attach the enema tubing to the Foley catheter using the connector. (See Figure 6)

Figure 6



8. Clamp the enema tubing. (See Figure 7)

Figure 7



9. Hold the enema bag over a sink and add the enema solution to the bag.

10. After the solution is in the bag, open the clamp so that the solution can flow through the tubing of the enema bag and the Foley catheter.

When the solution reaches the tip of the Foley close the clamp.

11. Hang the enema bag 5 to 6 feet high. (See Figure 8)

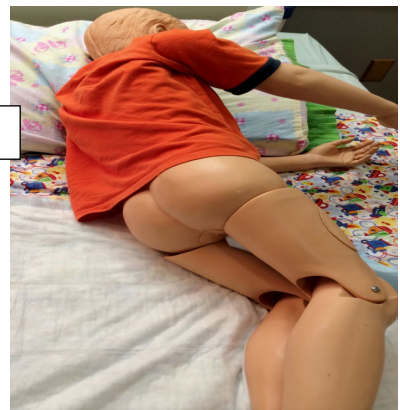
Figure 8



Give the enema

1. Put on gloves.
2. Lubricate the end of the Foley catheter.
 - Open the lubricating jelly.
 - Dip the tip of the Foley catheter into the lubricating jelly.
3. Place old towels on the floor.
4. Have your child lie on the towels, on their left side or in the knee to chest position. (See Figure 9)

Figure 9



5. Insert the catheter slowly past the 3 inch mark until the catheter reaches the 4 inch mark. Your child may feel the catheter but there should be no pain. (See Figure 10)

Figure 10



6. Once the catheter reaches the 4 inch mark, inflate the Foley Catheter balloon. Push the 15 ml of air from the attached syringe into the Foley. This inflates the balloon.
 - The balloon on the catheter acts as a cork and prevents the catheter from coming out of the rectum during the enema administration.
 - Start out with 15 ml of air; you can increase up to 30 ml total of air depending on your child.
 - If the enema catheter comes out from the rectum with 15 ml of air, insert more air into the balloon.
7. Pull back the Foley catheter until tension is met and the anus is blocked with the balloon.
8. Remove the syringe from the hub of the Foley catheter.
 - If the enema solution is leaking, check if the syringe is attached to the catheter.
 - The balloon deflates automatically if the syringe is left attached.

9. Open the clamp and run the enema solution into the colon. (See Figure 11)
 - Run solution for about 5 minutes or until the enema is empty.
 - If your child complains of cramping, decrease the speed of the enema by lowering the height of the bag.

Figure 11



10. The solution should empty from the bag into the colon.
11. Once the enema bag is empty, clamp the tubing.

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12. Have your child hold the enema solution for 10 minutes by lying on the towels with the Foley remaining in the rectum.
13. After 10 minutes, attach the empty syringe back to the Foley catheter syringe port.
14. Pull back 15 ml of air from the balloon in the Foley catheter.
 - The amount of air inserted into the catheter balloon from the syringe should be the same as the air removed from the balloon. Make sure the balloon is fully deflated.
15. Remove the Foley catheter from the child's rectum.
16. Have your child sit on the toilet for at least 30 to 45 minutes to empty the enema solution and stool from the colon.
17. When your child no longer feels the urge to have a bowel movement the enema is complete.
18. Wash the enema catheter with soap and warm water. Rinse with warm water. Allow to air dry.

Contact your child's healthcare provider with questions or concerns.

Talk to your healthcare provider about the correct saline mixture for your child.

They may suggest one of the following mixtures:

To make 250 mL of saline: add 1/4 teaspoon of regular table salt to 250 mL warm tap water.

To make 500 mL of saline: add 1/2 teaspoon of regular table salt to 500 mL warm tap water.

To make 1000 mL of saline: add 1 teaspoon of regular table salt to 1000 mL warm tap water.

Common household measurements:

8 ounces = 1 cup = 250 mL

16 ounces = 2 cups = 500 mL

32 ounces = 4 cups = 1 quart = 1000 mL