



HEALTH HOLDING

HAFER ALBATIN HEALTH
CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Emergency Room		
Document:	Multidisciplinary Policy and Procedure		
Title:	Enema		
Applies To:	All Emergency Room Staff		
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1. PURPOSE:

- 1.1 To promote defecation by stimulating peristalsis of gut.
- 1.2 To relieve constipation, distension, or fecal impaction.
- 1.3 To prepare the bowel for x-ray or surgical procedures.
- 1.4 To instil medication per rectum.

2. DEFINITONS:

- 2.1 **Enema** – is an installation of a fluid preparation into the rectum and sigmoid colon producing a bowel per rectally.
- 2.2 Types:
 - 2.2.1 **Cleansing** – a solution introduced into the rectum or lower colon with the intention of being expelled, along with fecal matter or flatus.
 - 2.2.2 **Retention** – with the intention of being retained for a specified period of time.

3. POLICY:

- 3.1 Physician's order must be obtained.
- 3.2 Appropriate size of catheter and amount of solution should be used. Patient identification by 4 names for Saudi and complete name for Non-Saudi and Medical Record Number (MRN).
- 3.3 Follow hospital infection control policy.
- 3.4 Proper assessment like vital signs, patient's condition, last bowel movement, normal bowel patterns, and presence of hemorrhoids, mobility and external sphincter control.
- 3.5 Contraindication:
 - 3.5.1 Bowel obstruction, inflammation, or infection of the abdomen.
 - 3.5.2 Recent rectal or anal surgery.
 - 3.5.3 Paralytic ileus.

4. PROCEDURE:

- 4.1 Check the physician's order for the type and amount of enema to be used.
- 4.2 Identify the patient, explain the procedure and obtain baseline vital signs, Inform that there may be feeling of fullness when the solution is being administered.
- 4.3 Assemble all equipment and provide privacy. Check that the solution is at appropriate temperature.
- 4.4 Wash hands and wear gloves, gown and mask.
- 4.5 Place the patient in left lateral position with blue sheet under the buttocks.
- 4.6 Place the bedpan near the patient, if needed.
- 4.7 Hang the prepared solution in the IV pole.
- 4.8 Lubricate the end of the rectal tube with a water soluble lubricant applied over gauze.
- 4.9 Instruct the patient to breathe through the mouth to relax the anal sphincter.
- 4.10 Separate the patient's buttocks and insert the tube through the anal sphincter.
 - 4.10.1 5-10 cm for adult.

- 4.10.2 2.5-7.5 cm for infant and children.
- 4.11 Assess for discomfort, pain or resistance. If any, stop infusion for 30 seconds and resume at a slower rate. If pain still persists discontinue and notify the physician.
- 4.12 Instruct patient:
 - 4.12.1 For cleansing enema to retain the solution for 5-10 minutes.
 - 4.12.2 For retention enema to retain for 1 hour according to the order.
- 4.13 If the patient has difficulty retaining the solution, press the anus firmly with tissue/ gauze, and encourage keeping upper body flat until patient is allowed to expel the solution.
- 4.14 When the solution has been instilled, clamp and gently remove the tube.
- 4.15 Assist the patient to bedpan or into the bathroom.
- 4.16 Reassess the patient's general condition and observe for complication like dizziness, irritation etc.
- 4.17 Aftercare or equipment.
- 4.18 Remove gloves and wash hands.
- 4.19 Document the following:
 - 4.19.1 Date and time of enema administration.
 - 4.19.2 Type and amount of solution used.
 - 4.19.3 Retention time and amount returned.
 - 4.19.4 Color, consistency and odor of return.
 - 4.19.5 Any complications caused of observation made.
 - 4.19.6 Patient's tolerance to the procedure.
- 4.20 Special Considerations:
 - 4.20.1 Patient with salt – retention disorders such as congestive heart failure and absorb sodium from the saline enema solution. It should be administered with caution and electrolyte status be monitored.
 - 4.20.2 Schedule retention enema before meals, since a full stomach may stimulate peristalsis and make retention difficult.
 - 4.20.3 Don't give enema to a patient who is in sitting position unless absolutely necessary.

5. MATERIALS AND EQUIPMENT:

- 5.1 Disposable Gloves, Gown, Mask
- 5.2 Solution as Ordered.
- 5.3 Blue Pads, Bed Pan
- 5.4 Commode as Needed
- 5.5 IV Pole
- 5.6 Water Soluble Lubricant
- 5.7 Enema Set
- 5.8 Thermometer
- 5.9 Sphygmomanometer and Stethoscope
- 5.10 Sterile Gauze or Tissue Wipes.

6. RESPONSIBILITIES:

- 6.1 Physician
- 6.2 Nurse

7. APPENDICES:

- 7.1 N/A

8. REFERENCES:

- 8.1 Kingdom of Saudi Arabia Ministry of Health Baish General Hospital, 2018

9. APPROVALS:

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