



**Phosphate Enema**

**Patient Instructions**

Please follow these instructions carefully before you have your enemas. If you need further advice, please contact the Endoscopy Service on 0113 2494655

**August 2020, The Living Care Group,**

**For Review August 2022 Endoscopy Services**

If you are unable to attend your appointment please call the booking office on 0113 249 4655 to cancel or rearrange.

www.livingcare.co.uk

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You have been given two phosphate enemas, which should be kept and used at **ROOM TEMPERATURE**.

These are to be used on the day you are coming to hospital for your Flexible Sigmoidoscopy procedure.

3. Remove the enema cap and throw it away.

4. Relax and gently insert the full length of the

nozzle into your back passage. Do this with undue force. The tip of the nozzle is already lubricated to make the insertion easier.

1. Squeeze the bottle until it is completely empty. The bottle may be rolled up like a tube of toothpaste to ensure it empties.
2. Gently withdraw the bottle while still squeezing to keep it gently rolled up.
3. Hold the liquid in your back passage for as long as you can – do this by gently clenching your buttocks.

**Make sure you are close to a toilet as the enema will result in a rapid emptying of your bowels.**

1. Return the used enema to its carton and throw away safely in your domestic waste.
2. After 20 minutes, follow the instructions again for the second enema.
3. Do not have anything to eat or drink after you have used the enemas and before you go to hospital.
4. Make sure you have emptied your bowels before leaving home.

**If you are not sure if the enema has worked or if you have used it incorrectly, please do not worry. Come to your appointment as planned and the nursing staff will make sure you are ready for your examination.**

**How to give yourself an Enema**

1. The first enema must be given at least two hours before your appointment time followed by the second enema 20 minutes later. For example, if your appointment is at 2pm, you would have the first enema at 12pm and the second one at 12.20pm.
2. To give the enemas, you need to lie down on your left-hand side or in a knee-chest position – please see the diagram below.

