



## PHOSPHATE ENEMA

*Patient Instructions*

LivingCare works in partnership with Leeds Teaching Hospitals. This may mean that there are trainees involved in your care. All trainees have the appropriate level of training and will always supervised by a trainer. You will be informed of their involvement (if applicable) on arrival to the department where further information will be provided. You have the right to decline care from a trainee and this will also be discussed with you on arrival.

## ■ Introduction

Please follow these instructions carefully before you have your enemas. If you need further advice, please contact the Endoscopy Service on **0113 249 4655**.

**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.**

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

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.

## ■ 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 at 12:20pm.
2. To give enemas, you need to lie down on your left-hand side or in a knee-chest position - please see the diagram below.



### LEFT SIDE POSITION

Lie on left side with knee bent, and arms resting comfortably.



### KNEE-CHEST POSITION

Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.

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.
5. Squeeze the bottle until it is completely empty. The bottle may be rolled up like a tube of toothpaste to ensure it empties.
6. Gently withdraw the bottle while still squeezing to keep it gently rolled up.
7. 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.**

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



The Mid Yorkshire Hospitals  
NHS Trust



The Leeds  
Teaching Hospitals  
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