

## How to use a home enema



The enema you are asked to use before a flexible sigmoidoscopy (camera test of the bowel) is called a Cleen Ready to Use enema. It contains 21.4g of sodium dihydrogen phosphate and 9.4g of disodium phosphate dodecahydrate.

This enema will be prescribed and can be collected from Stoke Mandeville or Wycombe hospital pharmacies.

If you pay for prescription charges you may find it cheaper and more convenient to order this from an online pharmacy. It is an “over-the-counter” medication and does not need a prescription.

### What is Cleen home enema?

Cleen Ready-to-Use Enema is a bowel cleanser, which you administer yourself. The enema is a small bottle of fluid that you put into your bottom, using a small tube. Enemas are safe, gentle and surprisingly easy to use. Most people find it convenient and comfortable to use the enema at home.

Cleen acts by quickly drawing water into the bowel, increasing the water content of your stools (poo) which usually produces a soft, easy-to-pass bowel movement within 15 minutes of using it. Bowel movements as a result of using Cleen should not be painful.

### Why do I need to use it?

The enema helps clear your bowel so the endoscopist can see all of your bowel clearly. A clean bowel will allow a clear view of the inner lining, which is important for accurate diagnosis and treatment.

Please ensure you follow the instructions carefully as the flexible sigmoidoscopy may have to be cancelled and repeated at another time if the bowel is not clean enough.

### Before taking using the Cleen enema

Do not use the enema if you are having treatment for kidney disease, colitis or have bloody diarrhoea.

If you have any concerns about using an enema, contact the endoscopy unit and speak to a nurse.

**Make sure you have read through this information carefully before using the enema. Use the enema up to 2 hours before you leave for the hospital on the day of your procedure. Please do not have it more than 2 hours before your procedure as your bowel will fill with stool (poo) again.**

Use the enema even if you have recently had a poo.

You will usually need to go to the toilet within 15 minutes of using it.

You must not eat or drink anything after the enema until after your procedure.

You will need a:

- jug or bowl of warm tap water
- towel
- bed to lie down on

Make sure you are near a toilet. Find somewhere comfortable to lie down and have a towel to lie on in case of leakage.

## How to use the enema

1. Put the unopened enema bottle or pack into the jug of warm (not hot) water for about 5 minutes. This will warm the enema to body temperature.
2. Wash your hands and, if possible, wear disposable gloves
3. Spread the towel on the bed, where your bottom will be.
4. Remove the orange cap from the nozzle of the enema bottle.
5. Lie on your left side, on the towel, with your knees up towards your chest.



6. Put the full length of the nozzle carefully and gently into your bottom, up to the disk at the end of the nozzle, with the tip pointing towards your navel.
7. Squirt in all the contents until empty. NOTE: It is not necessary to empty the unit completely. The bottle contains more than the amount of liquid needed for effective use, so a small residue will remain.
8. Gently remove the nozzle from your bottom and stay lying down.

9. Try to hold the liquid inside your bottom for about 5 to 10 minutes. Do not worry if you cannot hold it that long. To take your mind off the enema, you might find it helpful to read, or watch TV.
10. When you can no longer hold the enema, and you have the urge to go to the toilet, get up slowly and walk to the toilet.
11. Make sure you do not get up too quickly to go to the toilet. Some people feel faint or dizzy when they try to get up. If this happens to you, lie back down until the feeling passes.
12. Go to the toilet, but do not worry if you do not poo at first.
13. Stay near a toilet for the next hour. Some people might have mild stomach cramps for a short while.
14. The effects of the enema will then stop. and you should have no problems travelling to the endoscopy unit.

If you are unable to use the enema for any reason, if you do not have any bowel movements within an hour, or if you have any significant bleeding, contact the endoscopy unit for more information.

#### **Contact numbers:**

Wycombe Hospital Endoscopy Unit	01494 425073
Stoke Mandeville Hospital Endoscopy Unit	01296 315220

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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

#### **How can I help reduce healthcare associated infections?**

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

#### **Patient Advice Sheet**

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email [bht.pals@nhs.net](mailto:bht.pals@nhs.net)