

Patient Instructions: Giving an Irrigation Enema with a Cone Enema Kit

These instructions are for caregivers of Children's Hospital of Philadelphia (CHOP) patients who have been instructed to use a Cone Enema kit.

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 Cone Enemas:

- 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 to 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 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.

12:B:92

Instructions for preparing and giving Cone Enema:

Gather Supplies:

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



Prepare for the enema

- Gather the supplies.
- Make the solution for the enema:
 - Add ½ teaspoon of table salt to 16 ounces (500 mL) of warm tap water.
 - 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.

Give the Cone enema

1. Put on gloves.
2. Close the clamp on the tubing of the Cone enema.
3. Hold the enema bag over a sink and add the enema solution to the bag.
4. 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 end of the cone. When the solution reaches the tip of the Cone close the clamp.
5. Hang the enema bag 5 to 6 feet high.

6. Place old towels on the floor.
7. Have your child lie on the towels, on their left side or in a knee to chest position. (See Figure 1)
8. Dip the tip of the cone into the lubricating jelly.
9. Insert the tip of the cone into the rectum. (See Figure 2)
10. Hold the cone in the rectum with one hand.
11. Unclamp the enema tubing.
12. The enema solution will run from the enema bag through the tubing and into the rectum.
13. Once the enema bag is empty, close the enema clamp.
14. Have your child hold in the enema solution while lying on the towels for about 10 minutes with the cone portion still in the rectum. (See Figure 3)
15. Massage your child's abdomen in a clockwise direction from left to right.
16. Remove the Cone enema.
17. Have your child sit on the toilet for at least 30 minutes and up to 45 minutes to empty the enema solution and stool from the colon.
18. When your child doesn't feel the urge to have a bowel movement, the enema is complete.
19. Wash the enema catheter with soap and warm water. Rinse with warm water and air dry.

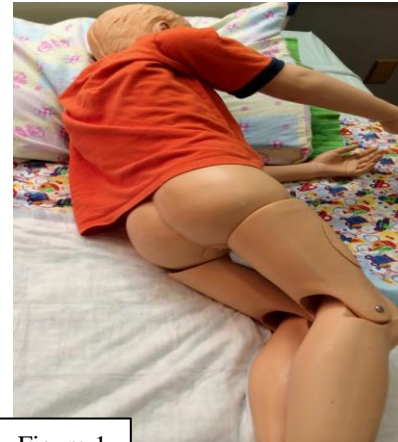


Figure 1

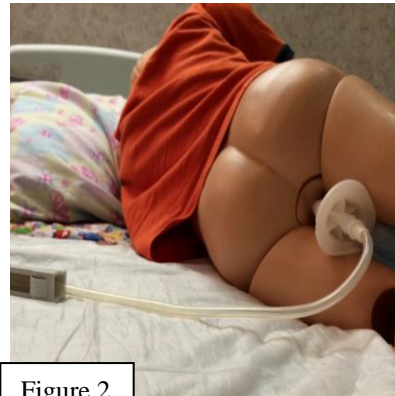


Figure 2



Figure 3

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