

The Use Of Clean Enema At Home

About The Enema

This enema has been given to you as it has been prescribed by your consultant in preparation for your sigmoidoscopy procedure. The Clean Ready-to-Use Enema is a bowel cleanser which you administer yourself. It acts by increasing the water content of your stool/poo and in this way helps empty the bowel. Once administered please stay near a toilet as it may work within a few minutes.

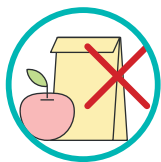
Preparation Before Using The Enema



- Use the enema about one hour before your appointment time



- Find somewhere comfortable to lie down, where you are near to a toilet



- Do not eat for 30 minutes before or after using the enema. You will be able to eat straight after the test



- Use a towel when laid down to catch possible fluid leaks



- You may drink water before the test, but not other drinks



- Have a plastic bag ready to get rid of the enema bottle after use



- You may ask relatives to help if needed



How To Use The Enema

1. Wash and dry your hands.
2. Lie on your left side with both knees bent up towards your chest and arms resting in front of you.
3. Remove the orange cap from the bottle of Clean Enema.
4. With steady pressure gently insert the nozzle of the bottle of Clean Enema into your bottom through the anus (back passage) with the tip pointing to your navel (belly button).
5. Squeeze the bottle of Clean Enema until it is almost empty (there will always be some liquid left). Stop squeezing if you feel any resistance.
6. Pull the nozzle of the bottle of Clean Enema from the bottom and put the used bottle in a plastic bag.
7. While waiting for the enema to take effect stay lying down and try to hold the liquid in for as long as you can before going to the toilet (around 5 minutes if possible).
8. You can dispose of the bottle of Clean Enema and box in your normal bin.
9. Wash and dry your hands.

The enema works almost immediately, so you should have no problems travelling to the hospital.



Important Facts

- Stop if any resistance is encountered when putting the nozzle into your back passage or squeezing the liquid in as this can result in injury
- If you are having any problems with using the enema, we can give it to you when you attend the hospital for your procedure
- If you feel faint or dizzy lie down until you feel better
- Do **not** drink the enema

Any issues please do not hesitate to contact the Endoscopy Department:

**01274 364627/364202
Endoscopy Department
Bradford Royal Infirmary
Duckworth Lane
BD9 6RJ**

People with hearing and speech difficulties

You can contact us using the Relay UK app. Textphone users will need to dial 18001 before the number to be contacted.

Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.