



Enema instructions

Please follow these instructions for administering the enclosed enema in readiness for your bowel examination in the Endoscopy Unit. Depending on your travel arrangements, we suggest that you administer your enema between one and two (1 and 2) hours before the arrival time.

Enemas are safe and easy to administer and most people find it more convenient and comfortable to use at home.

Instructions

- Remove bottle from packet.
- Stand bottle in a jug of warm water for 3-4 minutes.
- Remove the protective top.
- Lie on your side with both knees bent.
- Insert the full length of the nozzle into your rectum (back passage) – the tip of the nozzle is pre-lubricated.
- Squeeze the bottle until empty.
- Discard the empty bottle.
- Wait for 5 minutes in the same position to allow the enema to work (**this is very important!**).
- Go to the toilet and open your bowels as fully as you can – the effects of the enema may last up to 1 hour, during which time you may feel some discomfort.

If you have special needs or a disability and are unable to administer the enclosed enema, please contact the Endoscopy Unit at the Royal Berkshire Hospital on 0118 322 7458 or email Endoscopy.RBH@royalberkshire.nhs.uk.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Endoscopy Unit, October 2024.

Next review due: October 2026

Compassionate

Aspirational

Resourceful

Excellent