



Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

## How to Give a Saline Enema

### What it is:

An enema rinses stool from the lower bowel.

### Getting Ready:

Make the saline mixture to use in the enema:

warm tap water    4 cups

table salt            1 level teaspoon

Mix until you can't see any salt.

### How much to give:

For your child, give \_\_\_\_\_ ounces of the mixture at \_\_\_\_\_ (AM/PM)

### What you need:

- a clean enema bag that has tubing with a clamp
- a lubricant, such as KY jelly or petroleum jelly,
- a towel
- the right amount of warm salt water mixture

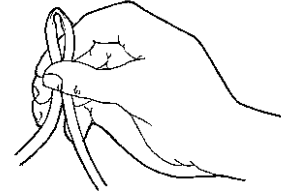
### What to do:

1. Check the temperature of the salt water mixture. It should not be hot or cold, but the same temperature as your body. This is about 100°F (37.7°C). Do not use a mixture that is too hot. Do not use a microwave oven to warm the salt water.

2. Tell your child what you will do and why you will do it. Tell your child that children who have this done feel like they need to go to the bathroom. Tell your child it is less likely to hurt if he or she relaxes.

3. Clamp the tubing on the enema bag.

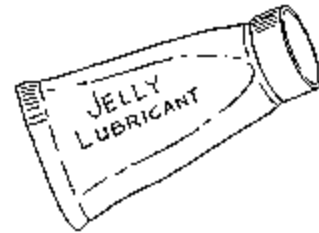
4. Fill the enema bag with the right amount of saline mixture.



**Clamp the tubing on the enema bag.**

5. Unclamp the tube and let the mixture run through tubing. When the mixture comes out the end of the tube and all the air is out, clamp the tubing.

6. Put a little lubricant (like KY jelly) on the tip of the tubing.



**Put a little lubricant on the tip of the tubing.**

7. Have your child lie on his or her left side, with the right leg bent toward the chest.

8. Put the towel under your child.

9. Gently put the tip of the enema tube into your child's rectum about 1-1/2 to 3 inches, depending on size of your child.

10. Unclamp the tubing.

11. Move the bag up a little, so the mixture starts to flow slowly. Do not hold the bag more than 18 inches above your child.

If the mixture starts to come out of your child, clamp the tubing for a minute, then unclamp it again.



**Have your child lie on his or her left side, with the right leg bent toward the chest.**

If your child has cramps or pain, clamp the tubing for a minute. When the pain or cramps have passed, unclamp it again.

12. Let the mixture flow in slowly.

13. When all the mixture is in, clamp tubing and take the tubing out of your child.

14. Ask your child to hold the saline mixture in for 20 minutes, if possible.

### **After the enema:**

- Let your child go to the bathroom.
- Most of the saline mixture should come out. It is OK if most of the saline does not come out.
- Check the bowel movement. Is it hard, firm or runny? Your nurse or doctor may want to know.

### **Now that you've read this:**

- Tell your nurse or doctor how you will tell if the enema mixture is the right temperature. (Check when done.)
- Tell your nurse or doctor what side your child will lie on to get the enema. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or
- call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital:  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
[www.phoenixchildrenshospital.com](http://www.phoenixchildrenshospital.com)

**Disclaimer**

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Wednesday, August 21, 2002 • DRAFT in family review  
#114 • Written by Barbara Harmon, BSN, RN • Illustrated by Dennis Swain  
This handout is also available in Spanish as # 590/114s.



Name of Health Care Provider: \_\_\_\_\_ Number: 114

For office use: Date returned: \_\_\_\_\_  db  nb  xls

## Family Review of Handout

**Health care providers:** Please teach families with this handout.

**Families:** Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

**Is there anything you don't like about the drawings?**

Yes    No

**If yes, what?**

**What changes would you make in this handout to make it better or easier to understand?**

**Please return your review of this handout to your nurse or doctor or send it to the address below.**

**Fran London, MS, RN  
Health Education Specialist  
The Emily Center  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016**

**602-546-1395**

**flondon@phoenixchildrens.com**

**Thank you for helping us!**