Please read these instructions before you have your enema and follow carefully. If you need more advice before using the enema, please telephone the Endoscopy Unit on Tel: 01246 512197

You have been given a phosphate enema, which should be kept and used at room temperature. This is to be used on the day you are coming to hospital for your flexible sigmoidoscopy procedure.

Instructions:

- The enema must be given at least **one hour before you leave home** to attend hospital.
  e.g. if your appointment is at 2.00pm and you will be leaving at 1.30pm you must give the enema at 12.30pm.

- To give the enema, you need to lie down on your side with both knees bent and pulled up towards your chest.

- Remove the enema cap and throw it away.

- Relax and gently insert the full length of the nozzle into your rectum (back passage).

- Do this without using undue force. The tip of the nozzle is already lubricated to make insertion easier.

- Squeeze the bottle until it is completely empty. The bottle may be rolled up (like a tube of toothpaste) ensure it empties. Then gently withdraw the bottle while still squeezing to keep it rolled up.

- Hold the liquid in your back passage for as long as you can (by clenching your buttocks)
MAKE SURE YOU ARE CLOSE TO A TOILET AS THE ENEMA WILL RESULT IN A RAPID EMPTYING OF YOUR BOWELS

- Return the used enema to its carton and throw away safely in your domestic waste.
- Do not have anything to eat or drink after you have used the enema and before you go to hospital.
- Make sure you have emptied your bowels before leaving home.

If you are not sure if the enema has worked, or if you have used it incorrectly, do not worry. Come to your appointment as planned and the nursing staff will make sure you are ready for your examination.