

Administering Enema

Before administrating enema

1. Ask the name and date of birth of the patient
2. Compare them with the name and date of birth written on the patient's hand marker
3. Ensure the patients privacy
4. Explain the patient the whole procedure
5. Assemble necessary equipment and check the date of expiration
6. Wash hands with soap
7. Wash hands with antiseptic
8. Wear non sterile gloves

Administering Enema STEP BY STEP

1. Wear apron
2. Unwrap the catheter with NON sterile gloves
3. Lubricate a small swab and then lubricate the tip of the catheter
4. With one hand open the glutei
5. With the other insert the catheter gently into the anus
6. Connect the catheter with the fluid tube
7. Release fluid flow
8. Allow fluid drainage for some time
9. Stop the flow by clutching the scissors
10. Take a small bandage and grab the catheter and with the other, open the glutei and remove gently the catheter
11. Ask the patient to hold the fluid inside him as long as possible and suggest walking

Links

- [Enema](#)