



Morning Appointment:

The day before your appointment:

Please administer the first enema at **20.00hrs (8pm)**.

On the morning of your appointment:



Do not have anything to eat for at least **SIX HOURS** prior to your appointment time.



You may have sips of **WATER ONLY** up to **TWO HOURS** before your appointment, then **DO NOT DRINK ANY FLUIDS**.

Administer the second phosphate enema 1-2 hours prior to your appointment time.

Afternoon Appointment:

On the morning of your appointment:

Please administer the first enema at **09:30hrs (9.30am)**.



Do not have anything to eat for at least **SIX HOURS** prior to your appointment time.



You may have sips of **WATER ONLY** up to **TWO HOURS** before your appointment, then **DO NOT DRINK ANY FLUIDS**.

Administer the second phosphate enema 1-2 hours prior to your appointment time.

Phosphate Enema

Appointment Preparation

Leave home in good time for
your hospital appointment.

How to administer the enema

These are the instructions for giving the enema at home. This allows you to use your own toilet and not feel rushed or embarrassed.

1. Put the unopened enema into a jug of warm water for about 5 minutes. This will warm the enema to body temperature.
2. Spread a towel on the bed where your bottom will be. Remove the orange cap from the enema bottle.
3. Lie down on the bed on your left side with both knees bent.
4. Gently insert the nozzle of the enema into your bottom (anus) positioning it in the direction of your navel.
5. The bottle should then be squeezed until all the liquid is expelled.
6. Once all the liquid has been inserted continue to lie on your left hand side. Try to hold the enema in for about 5 minutes. When you can no longer hold it, get up slowly and walk to the toilet.
7. You may feel a little unsteady after the enema, so make sure you do not get up too quickly to go to the toilet.
8. Discard the used enema in a plastic bag and place in the bin.
9. You should not experience any problems with incontinence (leakage) from your back passage, although the feeling of wanting to use the toilet may remain for a while.

If you have a medical condition preventing you from carrying this out at home, nursing staff are able to give enemas on the Endoscopy Unit for some patients. However, this may delay your appointment and so we may need you to attend earlier than planned. Please contact the Endoscopy Booking Office on 01743 261064 for further advice.

Key points

Always read the label. If you develop any side effects or start to feel unwell, stop using the enemas and seek advice from your doctor, pharmacist or nurse.

It is **extremely important to fully complete** your bowel preparation as instructed, to ensure your bowel is clear for the test. Poor bowel preparation can lead to the cause of your symptoms being missed or cancellation of the procedure.

Unless otherwise advised by your doctor or nurse, take your usual medication as prescribed, but timed an hour before starting the bowel preparation.

If you have a long journey to your appointment you may want to plan toilet breaks on your route and bring a change of clothes with you.