

Phosphate enema prior to surgery



Information for patients

Pre-Operative Assessment - NGH



It is of the upmost importance that you complete your bowel preparation.

If for any reason you are unable to administer the enema or if you have not had a bowel movement, you must inform the nurse when you are admitted to hospital.

What is an enema and why do I need this?

Phosphate enema is a liquid that cleanses the bowel by increasing the water contents of your stools. This helps to relieve constipation and clear the bowel ready for your surgery.

It is vitally important that you administer this enema. It allows the surgeon a clear view of your bowel and will reduce the risk of infection and potential serious complications after the operation.

Before taking the enema

We advise you to read the patient information leaflet enclosed in your enema packet before taking your treatment. It is important to ensure you are not allergic to any of the ingredients in the enema, that there are no problems associated with your health and that it does not react with any other medication that you are taking. You must also be aware of the side effects of the treatment.

You must drink 250mls of clear fluid after taking the enema. If you are asked to have the enema on the morning of your surgery, you must drink the 250mls of clear fluid before 6.00am.

Clear fluids include: water, clear soups, herbal tea, black tea or coffee, or diluted cordials (**not** blackcurrant).

Who should I contact if I have any concerns?

If you have any concerns about taking the bowel prep please contact:

Pre-operative assessment clinic on:

- **0114 226 6235** (Monday - Friday, 8.00am - 4.00pm)

Surgical wards on:

- **0114 271 4104**
- **0114 271 5523**

How do I take the enema?

Lie on your bed, on your side with both knees bent and your arms at rest in front of you. Remove the orange protective shield. Pull the shield gently, whilst holding the bottle upright and grasping the grooved bottle cap with your fingers.

With a steady pressure, gently insert the enema Comfortip into the rectum with the tip pointing towards your navel (tummy button).

Squeeze the bottle until nearly all the liquid has been emptied.

Discontinue use if you feel any resistance. Forcing an enema can result in injury.

Gently remove the nozzle from your rectum. It is normal to experience some leakage of the enema liquid. Remain in the same position until the urge to open your bowels is strong - usually within 2 to 5 minutes.

If rectal bleeding is noticed contact a doctor immediately.

What should I expect following my bowel prep?

Be prepared to have a frequent, loose bowel movement within 5 minutes of taking the enema. Please ensure you have access to a toilet at all times until the effects have worn off.

What are the side effects?

Nausea, vomiting, bloating and stomach cramps are common side effects of bowel prep. Please see the information sheet in the packet for a more detailed list of the side effects.

Is there anything I should look out for?

Rarely people may have an allergic reaction. If this occurs, stop taking the prep and consult your own GP or contact the hospital:

Pre-operative assessment clinic

- **0114 226 6235** (Monday - Friday, 8.00am - 4.00pm)

Surgical wards

- **0114 271 4104**
- **0114 271 5523**

If you have any questions or concerns please contact the nurses on the above numbers.



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