

Giving my consent (permission)

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves.

Endoscopy and Outpatient Nurses

If you wish to speak to one of our endoscopy nurses about your procedure or enema, then please ring **0114 263 0330** and ask for extension **7390**. (Monday to Friday 8am to 5pm)

Our outpatient nurses are also available on **0114 263 2175** (Monday to Friday 8am to 8pm)

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health - **www.nhs.uk**



Claremont Private Hospital
401 Sandygate Road
Sheffield S10 5UB

0114 263 0330
info@claremont-hospital.co.uk
claremont-hospital.co.uk

A Division of Aspen Healthcare Ltd.
Centurion House, 37 Jewry Street London EC3N 2ER
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Using a phosphate enema at home

Patient advice



Welcome to exceptional healthcare



PART OF ASPEN HEALTHCARE

Using a Phosphate Enema at home

You have been given an appointment to have a flexible sigmoidoscopy by your consultant. This is an examination of your sigmoid colon, where a flexible tube with a camera at the end is passed through your back passage (rectum) and up in to the lower end of your bowel.

You should have **received** the Claremont Hospital, **Eido leaflet - Eo6 Flexible Sigmoidoscopy**, with your letter of admission, or your consultant may have given you this when you saw them in clinic.

Please let us know if you have not received this information, as it explains your procedure in more detail. This leaflet explains how to use a phosphate enema to prepare for your examination. Please read this leaflet carefully. If there is anything you do not understand or if you change your mind, then please contact one of the nurses in the endoscopy unit. Contact details are on the back of this leaflet.

What is a phosphate enema?

An enema is fluid that is placed in your rectum to clear your bowel. The phosphate enema you have been given is a single-dose disposable enema that will clear out and clean the section of your bowel that will be examined during the test. You need to use this enema before you come

for your examination, to make sure your endoscopist (consultant) is able to see the walls of your bowel clearly.

Speak to your consultant in clinic before you use the enema if:

- You know that you have an inflammatory or ulcerative bowel condition
- Your doctor has asked you to reduce your sodium (salt) intake
- You suffer from a heart condition, such as congestive cardiac failure (CCF)
- You are taking anti-platelet medication or anticoagulant medication to prevent the formation of blood clots (such as **aspirin, clopidogrel, warfarin, rivaroxiban or dabigatran**), sedatives, chronic pain medication, or medications for diabetes.

How to use a phosphate enema

The phosphate enema should only be given via your rectum (bottom). You will need to use the enema at **least one hour before leaving home on the day** of your examination. Make sure a relative or friend is with you for reassurance or if you feel you may need help to get to the toilet.

An additional instruction leaflet is also provided in the enema package itself.

Before you use the enema you will need

- A towel
- A bed to lie down on

When you are ready to give yourself the enema

1. Ensure the enema is at room temperature.
 2. Spread the towel on the bed, where your bottom will be. Remove the enema bottle from the box and remove the cap from the enema bottle.
 3. Lie down on the bed on your left-hand side, with your knees up towards your chest.
 4. Insert the full length of the nozzle carefully, with the tip pointing towards the navel. It may be helpful to bear down (as if having a bowel movement). This helps relax the muscles around the anus. Gently squeeze the contents of the bottle in to your rectum.
- Do not insert the nozzle if you experience any pain or obstruction in your back passage. Do not force the tip into your bottom. If you experience any rectal bleeding or pain get immediate medical care.**
5. Once all the liquid has been inserted, continue to lie on your left-hand side. The enema should

produce a rapid response. Try to hold the enema in for at least 5 minutes. You may find it helpful to read or watch TV. When you can no longer hold the enema, and you have the urge to go to the toilet to open your bowels, get up slowly and walk to the toilet.

6. If you feel a little unsteady after the enema, make sure you do not get up too quickly to go to the toilet. Very rarely, some people feel faint when they try to get up if this happens to you, lie back down until the feeling passes and contact the Endoscopy Unit for advice. **If no urge is felt after 5 minutes of using, try to empty your bowel. Call the hospital or your GP promptly if no liquid comes out of your rectum after 30 minutes because dehydration could occur.**

7. Discard the used enema bottle/pack in a plastic bag and place it in the bin. When you feel the enema has finished working, please set off for your appointment.

8. Do not have anything to eat or drink until after your procedure.

You may wish to bring a dressing gown, slippers and something to read with you. Please do not bring any valuables with you as we cannot be responsible for them.

