

## Enema at Home

### How to prepare for your flexible sigmoidoscopy

To get a clear picture during your examination the lower part of your bowel must be empty. To do this you will need to have an enema at home before you come to the Endoscopy Unit. An enema is a liquid that is passed into the back passage (rectum) and this will make you open your bowels.

Please follow the instructions below carefully.

### On the day of your examination

- You can have a light meal before you have the enema. This will need to be at least 30 minutes before the enema.
- Drink plenty of clear fluids up until 2 hours before your appointment time for example tea or coffee (no milk), herbal tea, water, fizzy drinks, soda water or energy drinks. Do not drink blackcurrant juice.
- Use the enema 1-2 hours before you leave home for the examination. The enema will make you go to toilet to open your bowels.
- This should work within an hour so you will not have to worry about going to the toilet on your journey to the hospital.
- You should use the enema even if you have recently opened your bowels.

### How to give yourself the enema

- Take the *Fleet* enema out of the packet
- Lie on your side on a towel with both knees bent
- Remove the orange cap from the nozzle
- Gently insert the nozzle into the rectum. Squeeze the contents in until the bottle is empty and, whilst still squeezing the bottle, gently remove the nozzle from the rectum
- Try to hold the liquid in for as long as you can, or until you feel the urge to open your bowels. This should be for at least 15 minutes.
- Stay close to a toilet. Be prepared to open your bowels it may be frequent, loose and watery. Do not worry if you do not open your bowels.

You may feel one or more of the following:

- bloated, mild stomach cramps, mild nausea, irritation at your back passage (rectum)

If the following side effects occur you should seek medical advice:

- nausea and vomiting
- rash
- itchiness
- redness
- swelling