

## Endoscopie

# Administering an enema at home prior to a diagnostic sigmoidoscopy

You will soon undergo an examination of the last part of the large intestine, called the rectum. This examination is also known as a sigmoidoscopy. Your healthcare provider has prescribed an enema in preparation for the examination. You will administer this enema at home. In this flyer, you will find information on how to use it.

### Instructions

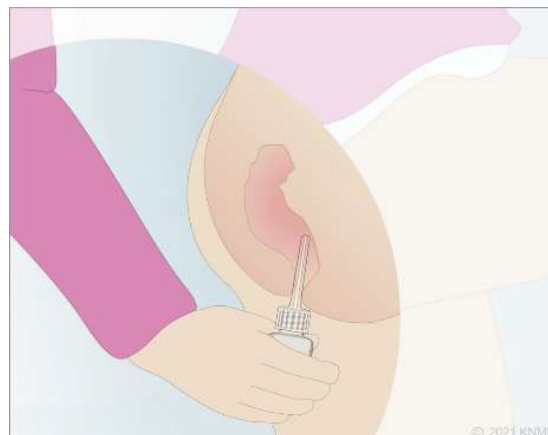
- Let the enema warm up to body temperature before inserting it. For example, by placing it in a lukewarm water bath. Bringing the enema to body temperature makes it more tolerable and reduces abdominal cramps
- Ensure that your rectum contains as little stool as possible before inserting the enema. You can do this by going to the toilet beforehand.
- Place a towel on the bed. Usually, patients have good control over the urge to defecate. The towel is just a precaution.
- Always wash your hands before and after inserting an enema.
- Lie on your left side so that the fluid can reach the intestine properly. Keep your lower leg straight and the upper leg bent (see the image for the position).
- Shake the enema well. Remove the cap. Gently insert the nozzle(tip) of the enema into the anus.
- If inserting the nozzle of the enema is difficult, try gently pushing against the nozzle with the anus (as if you need to let gas or stool out). The pushing opens the anus a little, making insertion easier.
- Squeeze the bottle until it is as empty as possible. Then, pull it out of the rectum whilst keeping the bottle squeezed. There will always be a little fluid left in the packaging, this is normal.
- Remain lying on your left side. If preferred, you can roll onto your stomach. Stay in this position for about five to ten minutes to prevent the fluid from coming out.

If you are unable to perform the above steps yourself, you can ask your partner, a family member, or a caregiver to help you.

## Instruction video

Open the link or QR code to watch an instruction video.

<https://www.apotheek.nl/instructies/zetpil-en-klysmas/klysmas-toedienen?lang=en>



1Bron: *apotheek.nl*

## When do I administer the enema?

There should be a maximum of 3 hours between administering the enema and performing the examination. You should administer the enema from **3 hours before the sigmoidoscopy** and **no later than 30 minutes before leaving home**. This allows sufficient time for administration, using the toilet, and traveling to the hospital.

Below is an example schedule. The times that apply to you will be discussed over the phone.

Example:			Your times:
Start sigmoidoscopy		10.00	
Time to report at the endoscopy reception	<b>15 min before start sigmoidoscopy</b>	9.45	
Departure time from home	<b>Depending on your travel time (i.e. 60 min)</b>	8.45	
Administering enema from	<b>3 hours before start sigmoidoscopy</b>	7.00	
Administering enema till	<b>30 minutes before leaving home</b>	08.15	

## **Side effects/complications**

For information on the side effects of the enema, please refer to the leaflet provided by your pharmacy.

Be cautious when inserting the nozzle of the enema; uncontrolled insertion can damage the intestinal mucosa, which can be painful or cause bleeding. If inserting the nozzle of the enema is difficult, try gently pushing against the nozzle with the anus (as if you need to let gas or stool out). The pushing opens the anus slightly, making insertion easier.

Administering enemas yourself is a widely used and safe method. In principle, administering an enema does not lead to complications.

## **Questions and Contact**

If you have questions about or experience issues with administering the enema, please contact:

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