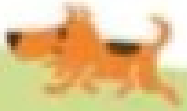
ENEMA

Definition

- An enema is an introduction of fluid into the lower bowel through the rectum for the purpose of cleansing or to introduce medication or nourishment

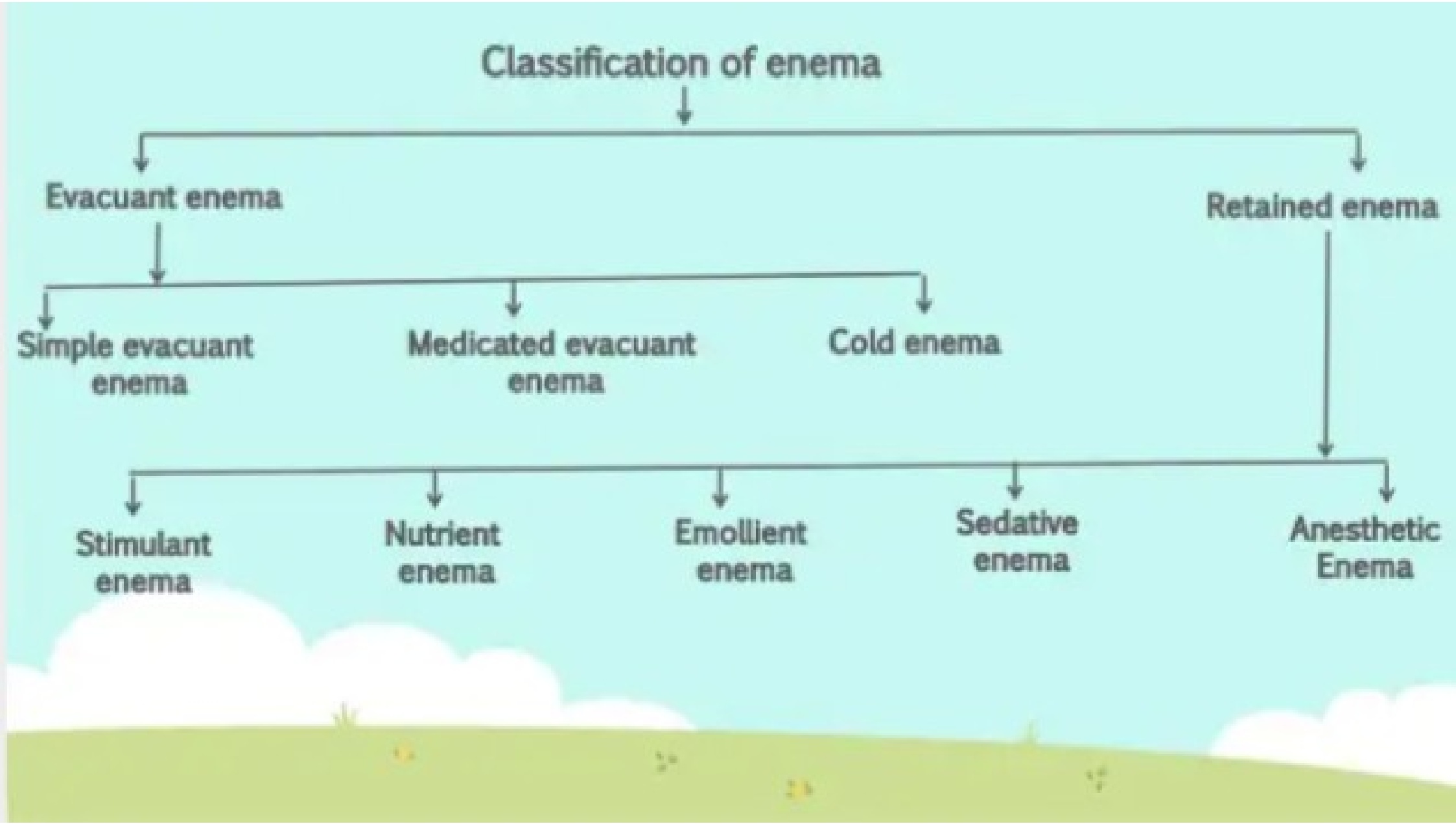
Purpose

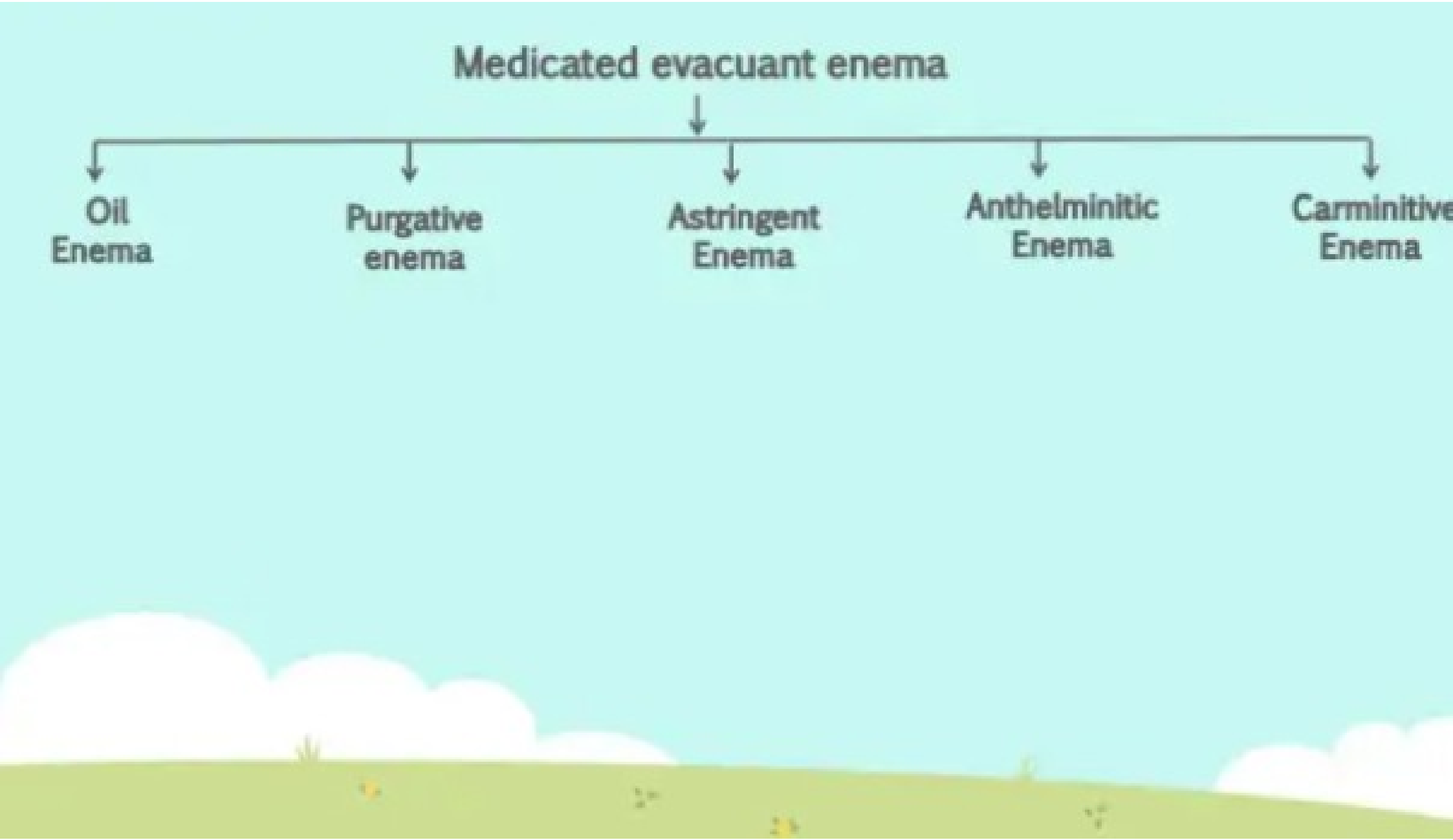
- To stimulate defecation & to treat constipation ex: simple evacuant enema
- To soften hard faecal matter ex: oil enema
- To administer medication ex: sedative enema
- To protect and soothe the mucus membrane of intestine & to check diarrhoea ex : emollient enema
- To destroy intestinal parasites ex : anthelminitic enema
- To relieve the gaseous distention ex : carminitive enema



Purpose

- To clean the bowels prior to x-ray studies , visualization of the bowel , surgery on the bowel or delivery of a baby ex : saline enema
- To make diagnosis ex: barium enema
- To establish regular bowel functions during a bowel training programme
- To induce anesthesia ex : anesthetic enema


Classification of enema
Evacuant enema
Retained enema
Simple evacuant enema
Medicated evacuant enema
Cold enema
Stimulant enema
Nutrient enema
Emollient enema
Sedative enema
Anesthetic Enema


Medicated evacuant enema
Oil Enema
Purgative enema
Astringent Enema
Anthelminitic Enema
Carminitive Enema

Simple evacuant enema

- **Purpose :**
  - To stimulate defecation & to treat constipation
  - To relieve the gaseous distention by stimulating the peristalsis
  - To relieve the retention of urine by reflex stimulation of the bladder
  - To stimulate uterine contraction & to hasten the child birth
  - To cleanse the bowel prior to x-ray studies , visualization of the bowels (ex: sigmoidoscopy) , surgery & retention enemas

- **Solutions used :**
  - soap & water : soap jelly 50ml to 1 liter of water
  - Normal saline : sodium chloride 1 teaspoon of half liter of water
  - Tap water
- **Amount of solutions to be used :**
  - Adults : 500 to 1000 ml (1 to 2 pint)
  - Children's : 250 to 500 ml (0.5 to 1 pint)
  - Infants : 250 ml or less
- **Temp of solution :**
  - Adults : 105 to 110 degree Fahrenheit
  - Children : 100 degree Fahrenheit

Oil enema

- These are given to soften faecal matter in case of severe constipation
- Before the 1st bowel movement after operation on the rectum or perineum
- To avoid straining & injury to the sutures & wound s
- It should be retained for half an hour to 1 hour to soften the faeces
- It should then be followed by a soap & water enema to open the bowels

- Solutions used :
  - Olive oil
  - Gingerly oil or sweet oil
  - Castor oil & olive oil (1:2)
- Amount of solution to be used : 115 to 175 ml
- Temperature of the solutions : 100 degree Fahrenheit

Purgative Enema

- These are given to cause the bowel to contrast actively & to evacuate its contents
- Its acts by their irritating effect on the mucus lining , stimulate peristalsis & cause the evacuation of bowel
- The stretching of the intestine due to this inflow of fluid causes the intestine to contract & leads to the evacuation of bowel

- Solutions used :
  - Pure glycerin – 15 to 30 ml
  - Glycerin & water – 1:2
  - Glycerin & caster oil – 1:1
  - Magnesium sulphate : 60 to 120 ml with sufficient amount of water to dissolve it
  - 1-2-3 enema : magnesium sulphate 30 ml, glycerin 60 ml, & water 90 ml
  - Amount & temp of solution is that of oil enema

Carminitive enema (antispasmodic)

- These are given to relieve gaseous distention of the abdomen by causing peristalsis & expulsion of flatus &faeces
- It is given as simple evacuant enema

Solution :

- Turpentine : 8 to 16 ml of turpentine mixed thoroughly with 600 to 1200 ml of soap solution
- Milk and molasses(granular sugar) : 90 to 230 ml of molasses well mixed with equal quantity of warm milk

Anthelmintic enema

- This is given to destroy & expel the worms from the intestines
- Before the treatment is given the bowel should be cleansed by a soap water enema so that the drug may come in direct contact with the worms & the lining of the intestine
- The treatment is given until the worms are destroyed

Solution :

- Infusion of quassia : 15gms of chips to 600 ml of water
- Hypertonic saline solution : sodium chloride 60 ml with 600 ml of water
- Amount of the solution : 250 ml

Astringent enema

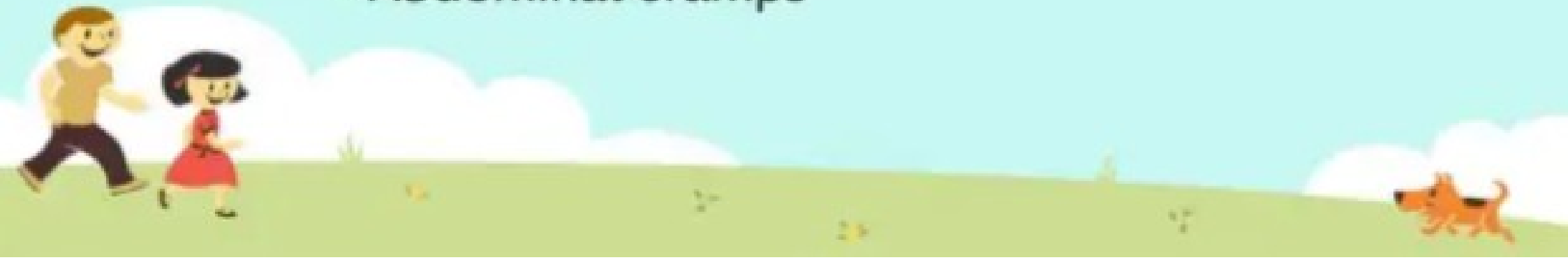
- It contracts the tissues & the blood vessels , checks bleeding & inflammation , lessens the amount of mucus discharge & gives a temporary relief in the inflamed area
- It is usually given in colitis & dysentery
- They are usually given in the form of rectal or colonic irrigations
- The solution is allowed to run in slowly & return quickly to avoid distension , pain & irritation of the inflamed wall

Solutions :

- Tannic acid : 2 gms to 600ml of water
- Alum : 30 gms to 600ml of water
- Silver nitrate 2% : (silver nitrate is dissolved in distilled water)
- Temperature of the solution : It is given as hot as the client can stand

Cold enema (ice enema)

- This is given to decrease the body temperature in hyperpyrexia and heat stroke
- It is given in the form of colonic irrigation
- Complications :
  - Hypothemia
  - Abdominal cramps



Stimulant enema

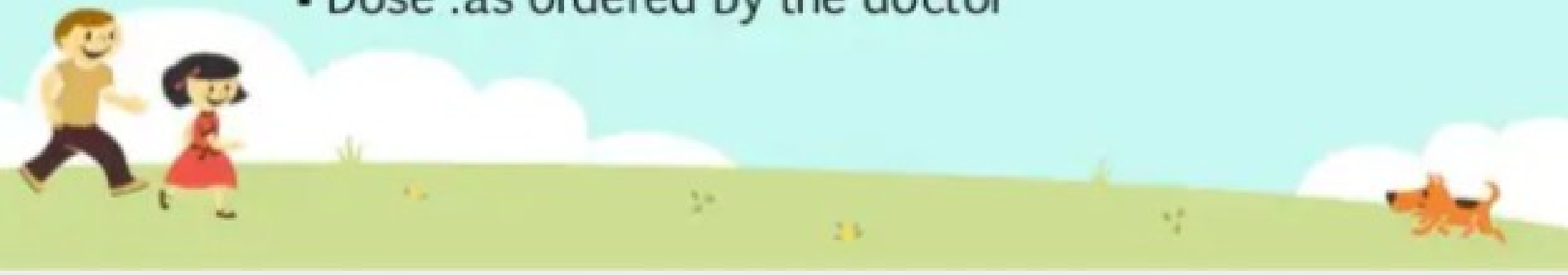
- A stimulant enema is given in the treatment of shock and collapse
- It is also sometimes given in case of poisoning ex: coffee enema is given in case of opium poisoning

Solutions :

- Black coffee : 1 table spoon coffee powder to 300 ml of water
- Brandy : 15 ml of brandy added to 120 to 180 ml of glucose saline
- Amount of solution : 180 to 240 ml
- Temp of solution : 108 to 110 degree Fahrenheit

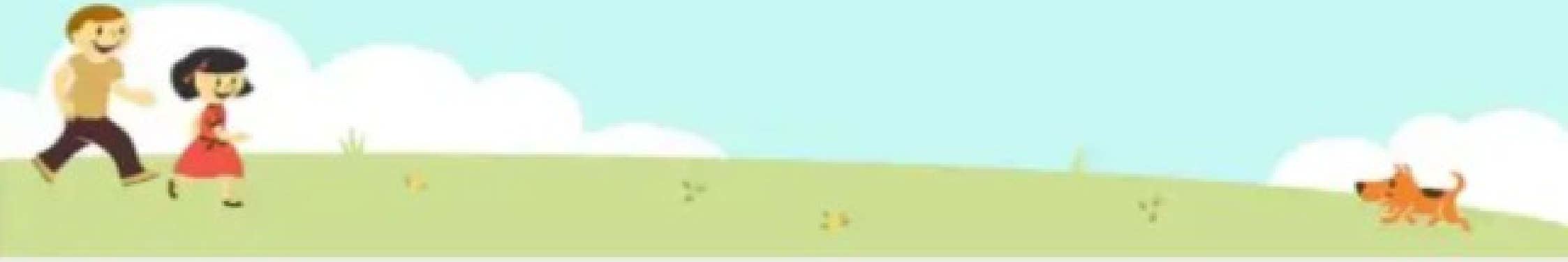
Sedative enema

- It is retention enema containing a sedative drug given to induce sleep
- Drugs used :
  - Paraldehyde
  - Chloral hydrate
  - Potassium bromide
- Dose :as ordered by the doctor



Anaesthetic enema

- It is a retention enema containing an anesthetic drug to produce anesthesia in client
- Drugs used :
  - Avertin 150 to 300 mg per kg of body weight



Emollient enema

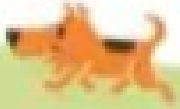
- This is an introduction of bland solution into the rectum for the purpose of checking diarrhoea or soothing & relieving irritation on an inflamed mucus membrane
- Solution used :
- Starch & opium : opium 1 to 2ml is added to 120 to 180 ml of starch mucilage or rice water
- Starch mucilage alone
- Amount of solution : 120 to 180 ml
- Temp of solution : 100 to 105 degree Fahrenheit (37.8 to 40.5 degree centigrade)

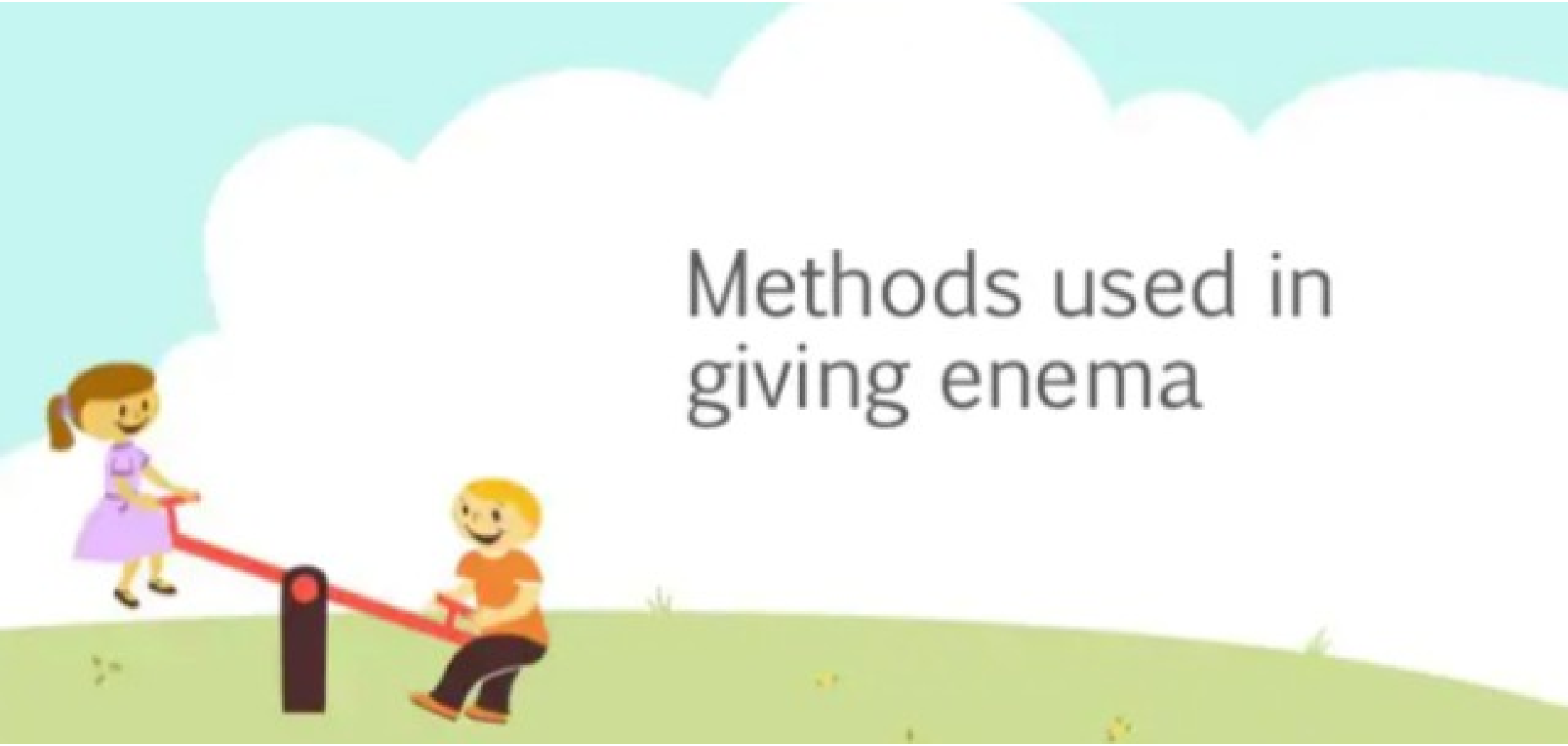
Nutrient enema

- It is a retention enema to supply food & fluids to the body
- Selection of the fluids depend upon the ability of the colon to absorb it
- Nutrient enema is particularly useful in conditions like haemophilia which makes I.V. infusion difficult or undesirable

Solutions :

- Normal saline
- Glucose 2 to 5%
- Peptonized milk 120 ml
- Amount of solution :
  - 1100 to 1700 ml in 24 hour or 180 to 270 ml at 4 hourly interval
- Temperature of solution :
  - 100 degree Fahrenheit (37.8 degree Fahrenheit)




Methods used in
giving enema

- Using enema can & tube :
  - When large amounts of fluids are to be given , this method is used ex : soap & water enema
- Funnel & catheter method :
  - When a small quantity of fluids are to be given , this method is used ex: oil enema

- Glycerin syringe & catheter method :
  - When a small quantity of fluid is to be given , this method is used ex: purgative enema
- Drip method :
  - When the fluid is to be administered very slowly in order to aid in its absorption ex : nutrient enema


DISPOSABLE ENEMA

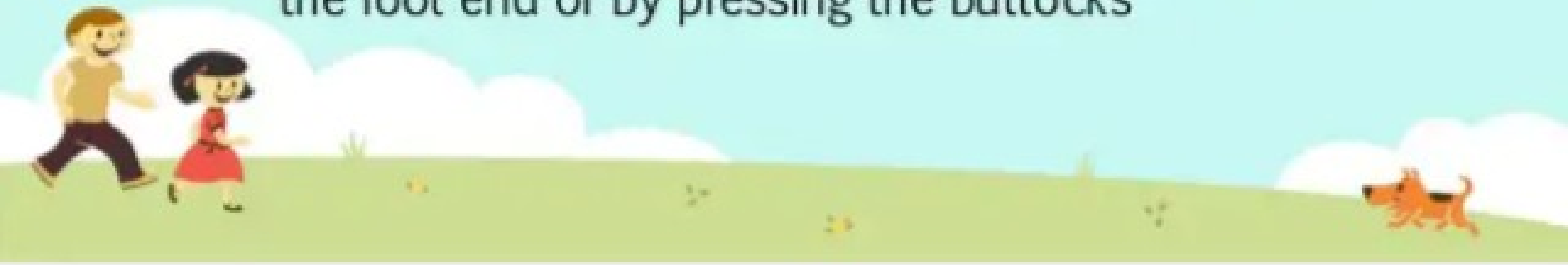
- size of catheter & rectal tube : for cleansing enema use , no. 22 F for adults 12 F for an infant 14 to 18 F for the school age child
- Lubricated with water soluble jelly & Vaseline – to decrease the irritation of mucosa lining
- For retained enema quantity at a time should not be more than 100 ml to 150 ml

- Distance of tube to which inserted is depend upon the age & the size of the client for adult it is inserted 7.5 to 10 cm (3 to 4 inches) , for children It is inserted only 2.5 to 3.75 cm (1 to 1.5 inches)
- The height of the enema can should not be above 18 inches (45 cm) from the anus & for the retention enemas, It should not be above 8 inches (20 cm) from the anus
- There is an increase of 0.5 lb of pressure for every 12 inches of elevation

- Oil retention enema usually retained for 2 to 3 hours
- Other cleansing enema retained for 5 to 10 minutes
- Retention enema should be given slowly

Giving enema with funnel or catheter (oil enema)

- Small enemas to be expelled are given using funnel & catheter
- The oil is kept warm by placing the container in a bowl of warm water
- During the administration , the height of the funnel should be more than 8 inches from the anus
- Help the client to retain the solution either by raising the foot end or by pressing the buttocks



- The oil enema is to be retained for 2 to 6 hours to soften the faecal matter
- It may be then followed by a soap & water enema to expel the faecal contents
- The preparation & after care of the client & articles are same as in soap & water enema

Giving enema using glycerin syringe ex : glycerin enema

- A glycerin syringe (metal syringe) & rubber catheter attached to its nozzle are used
- Air is to be expelled from syringe & the tube
- Prior to the administration of the fluids
- This method is useful for giving enemas to children

Giving enema by a drip method (nutrient enema)/proctoclysis or continous retention enema)

- The administration of a retention enema is a done by the drip method
- The main purpose of the procedure is that the solution is to be retained & should never be evacuated
- A fine catheter is used in the place of rectal tube to diminish the stimulation of the defecation reflex

- The reservoir is raised above the anus only far enough to allow the solution to run slowly into the rectum or the flow is regulated by a murphy drip & a clamp (to less than 40 drops per minute)
- Because the administration of the large amount of fluid at a time will distend the rectum causing defecation
- The foot end is raised to retain the fluid
- Usually a retention enema is preceded by a simple enema to keep the bowels free of faecal matter to aid absorption of fluids drugs