

## Gastroenterology Department

### Self-administered enema

#### YOU HAVE BEEN SENT AN ENEMA:

- **Please use the enema approximately 1 hour before leaving home for the test**

The enema will have worked within that first hour, so you will not have any problems travelling to the hospital.

- **Do not eat for at least 30 minutes before using the enema**
- **Do not eat after using the enema** until after you have had the test
- You may drink any soft drinks, tea or coffee
- You should use the enema even if you have recently passed a motion

#### HOW TO USE THE ENEMA:

- Lie on your left side on a towel and then:
  - Gently insert nozzle into your bottom
  - Squeeze all the contents in, remove the nozzle and continue lying down.
- Try to hold the liquid for at least 5-10 minutes - the longer the better. Remain lying on your left side during this time.

Some people may experience mild stomach cramps for a short while, this is normal.

Some people feel faint or dizzy please lie down until you feel better. Please seek advice from your GP if you continue to feel unwell.

Most people find it comfortable to use the enema at home. If you are physically unable to do it yourself, please contact the gastroenterology unit on **01603 647571** or **01603 647594** and we will arrange for you to have it done in hospital on arrival.

