

## Gastroenterology Department

### IF 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. Some people feel faint or dizzy please lie down until you feel better.

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



This Trust is a member of Intran. Intran is a 24hour interpretation and translation service for patients. Services include: telephone access to foreign language trained interpreters, British Sign Language, Lip Speakers for the Deaf and Braille translations.

