

## Phosphate Enema Bowel Preparation (prep)

Your Consultant has requested that you have Bowel Prep to clear the lower part of the bowel 'the rectum' before surgery.

You have been given two phosphate enema's which you need to administer yourself the day before surgery. If you are physically unable to do this yourself then the pre-operative assessment nurse will arrange for a District Nurse to do this for you.

You can eat and drink as usual on the day you administer the enemas, although do not eat within the 30 minutes prior to administering each enema. We would also recommend a light evening meal such as fish, rice, salad, soup or a sandwich.

It does not matter when you do them, as long as you have 5 hours between the two, probably midday and early evening before you go to bed would be best. .

### How to use the Enema

- It is a good idea to warm the enemas in a bowl or jug of warm water prior to use, as this will make it more comfortable for you when you administer the enema into the back passage
- Lie on your side and place a towel underneath your bottom
- Gently remove the orange cap from the enema, exposing the white nozzle which is slightly lubricated and insert this into your back passage. Squeeze all the contents into your back passage, remove the nozzle and remain 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

As soon as you get the urge to open your bowels or you feel you are unable to retain the liquid any longer, then make your way to the toilet. The aim of the enema is to empty the lower part of the rectum of any faeces (stool) that may be present. Some people may experience mild stomach cramps, feel dizzy or faint for a short while afterwards. If you experience these symptoms please lie down until you feel better.

If you have any questions after you leave the clinic today please contact:  
Pre-operative Assessment Clinic on Telephone: 01603 286286 ex 4794 between 0800-1700 hours.