

Using a sodium citrate Micro-Enema

Preparing for your operation or examination

What is a sodium citrate Micro-Enema?

This is a small quantity of liquid that is placed in your rectum (bottom). It works as a laxative and helps to empty the lower part of your large bowel. You will need to give yourself an enema at home before you come in for your surgery or examination. This will enable the surgeon to have a clear view of the area they are operating on or examining. Usually all patients having your type of surgery or examination have an enema. It is safe to use and experience from other hospitals indicates that most patients would like to use it in the comfort of their own home.

How do I prepare to use the enema?

Before you use the enema you will need a:

- Towel
- Bed to lie down on

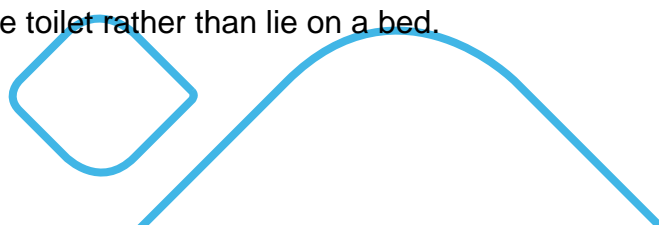
Please make sure you can get to the toilet easily

When do I use the enema?

The Micro-Enema should only be given via your rectum (bottom). You will need to use the enema at home at least one hour before leaving home on the day of your operation/examination.

When you are ready to use the enema:

1. Spread the towel on the bed, where your bottom will be and lie down on the bed on your left hand side, with your knees up towards your chest as far as you can comfortably manage.
2. If it is easier and you prefer, you can sit on the toilet rather than lie on a bed.



-
3. Twist and pull the cap off the nozzle of the enema. You can lubricate the nozzle to make it easier to put in your bottom by squeezing a drop of the liquid out onto the nozzle.
 4. Insert the full length of the nozzle carefully and gently into your bottom.
 5. Gently squeeze the tube until it is empty.
 6. Keeping the tube squeezed tightly, remove the nozzle. This stops the contents of the enema being drawn back into the tube.
 7. Continue to lie on your left side or remain sitting on the toilet. The enema should work quickly. Try to hold the enema for as long as you can, probably about 10-15 minutes, to ensure you empty your bowels completely. To take your mind off the enema, you may find it helpful to read or watch TV.
 8. When you can no longer hold the enema in, and you have the urge to go to the toilet to open your bowels, get up slowly and walk to the toilet, or if already on the toilet, allow your bowels to open.
 9. Discard the used enema tube in a plastic bag and place it in the bin.

The enema will have worked in the first hour, so after this time you should have no problem in getting to the hospital. Please do not worry if the enema has not produced an effect. Your bowel may have been mostly empty before you used the enema.

If there is anything that you do not understand about using the enema or feel that you will be unable to do this at home then please contact Pre-Operative Assessment for advice: 01225 825651

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

Date of publication: February 2024 | Ref: RUH SUR/O63
© Royal United Hospitals Bath NHS Foundation Trust