

# Sucralfate Enemas

Sucralfate enemas are used to treat inflammation of the rectum (the lower part of the large intestine leading to the anus); most commonly this is for radiation proctitis; bowel inflammation following radiotherapy. This treatment can help treat bleeding due to the inflammation, and can be continued for up to 24 weeks; you can stop when the bleeding stops. This fact sheet explains how you can administer the enema yourself, using a syringe and catheter.

The hospital or community pharmacy can provide the Sucralfate enema, and you will need to ask your GP or practise nurse to supply the equipment you will need. Your practise nurse can help you practice preparing the enema, and could help you with administering it at home, if you find this difficult.

1. Using the syringe provided, draw up 10mls of the Sucralfate Suspension (2g) and then draw up 10mls of warm water and mix. Ensure that any excess air is expelled from the syringe.
2. Attach the catheter provided to the syringe tip and lubricate the end of the catheter with lubricating gel provided.
3. Lie on your left side with both knees bent. This position will help the flow of liquid in to the rectum and aid enema retention.
4. Position a towel underneath yourself to catch any leakage of fluid once the enema has been administered.
5. With a steady pressure, gently insert the catheter to a depth of approximately 10cm into the rectum.
6. Press down on the barrel of the syringe slowly, using a steady and even pressure, until the entire contents of the syringe have been administered. Slowly withdraw the catheter.
7. Try and retain the enema in the rectum for as long as possible.

If pain occurs or any resistance is felt at any time during the procedure, then stop and seek further medical advice.

**You will need:**

Sucralfate Suspension 1g in 5ml

**Equipment supplied to you by the community team:**

60ml Syringe

14-French urethral catheter

Lubricating Jelly 42g tube

*(This equipment is not available via urology)*

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