

# Saline Enema for Home Use

## Contents:

- One enema bottle with white screw tip and green cap
- One sealed cup USP Normal Saline 120 mL
- One 60 mL syringe

## Instructions for Preparing the Enema:

1. Wash and dry hands
2. Remove all items from the bag
3. Peel off the foil cover on the USP Normal Saline cup
4. Using the syringe, insert the tip of the syringe into the solution and pull up solution to about the 60 mL marking on syringe
5. Put tip of syringe over the opening to the enema bottle
6. Push down on the plunger of the syringe to allow solution to flow into the bottle
7. Repeat steps 4-6 to add the remaining solution in the cup into the bottle
8. Place the enema tip with the green cap on the enema bottle and turn until securely in place
9. Discard the empty USP Normal Saline cup and foil cover

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Figure 1

## Instructions for Administering the Enema:

1. Lie on your left side with knees bent (see Figure 1).
2. Remove the green cap from the enema bottle tip.
3. Gently insert the white enema tip into the rectum, with the tip pointing toward the naval - the enema tip is pre-lubricated to help ease insertion. Insertion may be easier if you bear down, as if having a bowel movement. This helps relax the muscles around the anus.
4. Do not force the enema tip into the rectum as this can cause injury.
5. Gently squeeze the enema bottle to allow the solution to flow into the rectum slowly until nearly all liquid is gone. If you experience discomfort, the flow is probably too fast.
6. Remove the enema tip from the rectum and maintain your position for about 5 minutes, then expel.
7. Following administration of the enema, place the green cap back on the enema tip and discard the tip and the enema bottle.