



Precautions

1. Do not use any discolored, deteriorated or expired enema.
2. Do not insert the tip of enema into rectum forcefully to prevent damaging the surrounding tissues.
3. Enema should be stored in a cool dry place, away from light. Refrigeration is not necessary unless otherwise specified on the package.
4. Promptly inform your doctor if you experience any unusual discomfort (burning or irritation) or side effects.

This guidance is for reference only .

You should always follow your doctor's instructions.

Check with your doctor or pharmacist if you have any questions.

Do not share your medications with other people.

如有任何查詢，歡迎聯絡我們 For enquiry, please feel free to contact us

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聖保祿醫院
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How to use Enema

藥劑部
Pharmacy



Proper use of enema



1 Wash your hands thoroughly.

2 Put on disposable gloves.



3 Before insertion, place the enema in a large cup of warm water for about 10 minutes to warm the liquid to body temperature.



4 Remove the protection cap from the enema. Lubricate the tip of enema with a water-based lubricant.

5 Lie on your side with lower leg straightened out and upper leg bent forward towards your stomach. Children may lie on an adult's lap.



6 Relax the anus, gently insert the tip of enema into the rectum.

7 Squeeze the bottle until nearly all the liquid is applied into the body.

8 Hold buttocks together and remain lying down for about 5 to 10 minutes to avoid expelling the liquid.



9 Expel the liquid.

10 Discard disposable gloves. Wash your hands thoroughly.

