



## Precautions

1. Do not use discolored, deteriorated or expired enema.
2. Avoid inserting the tip of enema into anus forcefully.
3. Unless specifically instructed, enema should be stored in cool, dry place, away from light. Refrigeration is not necessary.

**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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# How to use Enema

藥劑部  
Pharmacy



# Proper use of Enema



1 Wash your hands before administration.

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 make it close to body temperature.



4 Remove the protection cap from the enema.

5 Lie on your side with your lower leg straightened out and your upper leg bent forward toward your stomach. Lift upper buttock to expose the rectal area. Children may lie on adult's lap.



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

7 Squeeze the bottle until the liquid is almost completely into the body.

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



9 Expel the liquid.

10 Discard disposable gloves. Wash hands with liquid soap and water.

