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# Diploma in Pharmacy 2<sup>nd</sup> Year

## Community Pharmacy & Management

### Experiment

To study appropriate handling with correct administration techniques of enemas.

#### Aim:

To study appropriate handling with correct administration techniques of enemas.

#### Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 1 – 4

#### Theory :

→ Enemas are rectal injections of fluid intended to cleanse or stimulate bowel emptying. These are used for treating chronic constipation and prepare people for certain medical tests and surgeries.

#### Handling and Administration Techniques of Enemas

⇒ For enemas, salt water should be diluted and placed in a bag on one side of the tube. The other portion tion should be lubricated before being inserted into the rectum. Knees should be folded to the chest while lying on stomach or on side will help the solution reach the colon more effectively. The standard instructions are as follows :

1. The enema bag should be filled with the desired solution using warm water. It should be confirmed that the clamp is closed. The bag should be held with the hose end down and the clamp should be opened for a moment to remove any air bubbles which is not intended to introduce into the colon.
2. The bag should be hanged alongside the bathtub so that it can be evaluated while lying in the left side.
3. The tip of the rectal tube should be lubricated. 5 cm of the tip should be lubricated with a water-soluble lubricant.

4. The specific amount of solution should be poured into the enema bag as directed.
5. The tubing should be unclamped to examine if the enema device works to allow small amount of solution to run into the container. A few drops of the solution should be dropped on the wrist to test the temperature.
6. The patient should lie on left side on a towel, with the knees as comfortably bent toward the chest as possible.
7. The tubing should be held and the nozzle should be placed gently into rectum pointing towards belly button. Age will determine the depth insertion of the nozzle. The instruction given by the healthcare provider should be followed
8. The tip should be removed slowly if there is any hindrance. It should be applied again at different angle. The process should be stopped if there is still hindrance and then the healthcare provider should be called.
9. The enema bag should be held about 12-15 inches above the hips. The solution should be sprayed into the rectum. Deep breath should be taken through the mouth to help relaxing internal anal sphincter.
10. The butt should be squeezed firmly around the tube if the solution begins to escape from the rectum.
11. The flow of solution should be stopped for a couple of seconds by pinching the tubing together in case of cramping and then the process should be started when feeling better.
12. The tubing should be clamped and removed from the rectum when all the solution is done.
13. Same position should be maintained until feeling a strong urge to urinate The liquid should ideally be retained for as long as feasible.
14. The patient will experience a strong urge to empty bowels if he/she is unable to keep the drink any longer. He/she should go to the bathroom and remain there for the next hour

15. Some people experience stomach pain for a short period of time following an enema. Some persons may also experience fainting or dizziness later. The patient should lie down until he/she feels better if this occurs.
16. After one hour, the enema should start to work.

## **Result :**

Appropriate handling with correct administration techniques of enemas was studied.



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