

## Enemas, laxatives, suppositories, and rectal tubes.

### The Nurse Aide's Role

- An enema is the introduction of fluids into the rectum and lower colon

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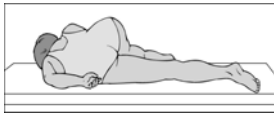
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### Why an enema might be given



- To aide in illumination during x-rays.
- Before surgery/delivery
- Before direct visualization tests.
- For bowel training
- To relieve constipation.
- To stim. bowel movement.
- To expel flatus.
- To instill medicine

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### The most common enemas

- **Cleansing:** SSE, TWE, saline, Fleet's phoshsoda.
- **Retention:** medicinal, nutritional, Fleet's oil.
- **Return Flow:** Harris Flush
- **Molasses Enema**



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## General Considerations

- Must have a doctor's order.
- Have toilet available if pt. will be getting up to expell.
- Most elderly will use bedpan/commode.
- Do not give an enema within an hour following a meal.
- If possible give before bath.
- Review procedure in book pgs. 538-542



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## Rules to follow

- Temp. 105 degrees
- Amt. of solution 750-1000 cc
- Left Sim's position
- top of enema bag 18" above mattress, 12" above rectum.
- Insert tube 2-4 inches.
- Administer over 10-15 min.
- Hold tube in place while admin.
- Use standard precautions
- Have wad of TP for removal
- Report/document results



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## Administering a rectal suppository used to stimulate a bowel movement

- Nursing Assistants can only administer non-medicinal suppositories, ie glycerin.
- Glycerin will soften stool and promote elimination.
- Place suppository past the rectal sphincter (circular muscle that controls the anal opening)
- Withdraw finger and hold tp against anus briefly.
- Review procedure pg. 542-543.



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**Inserting a rectal tube and flatus bag used once in a 24hr. period for 20min.**

- Provides passage of gas
- Gas distends intestines, causing pain and stress on incisions.
- Accept the expulsion of gas as a natural body function.
- Do not contribute to the patient's embarrassment.



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**Some General Guidelines about rectal tubes**

- Encourage activity
- Promote regularity
- Relief may occur immediately
- Before administering, check the amt. of abd. distention.
- Question the patient about the amount of relief afterwards.
- See procedure on pg. 544



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