

# How to Give a Tap Water Enema

## General Information

The doctor has instructed you to give one warm water enema every day for two to three weeks, or as directed. The purpose of the daily enema is to promote healing. Use the following directions to help you give the enemas.

## Gather the Supplies

Gather the following supplies each time you give a tap water enema.

- Chux® or plastic cloth
- enema bag with rectal tubing and a No. 14 French red rubber catheter
- water soluble lubricant (such as K-Y Jelly®)
- gloves (if desired).

## How to Give an Enema

- Wash your hands well with warm soap and water. Wear gloves, if you wish.
- Put the Chux or plastic sheet under the patient.
- Have the patient lie on his or her side.
- Put warm tap water into the enema bag. Put in the amount directed by his or her doctor.
- Attach the catheter to the tubing. Put a lot of water-soluble lubricant (such as K-Y Jelly) on the tip of the catheter.

- Place the enema bag on the towel bar or bathroom hook at a height of about 18 inches above his or her rectum.
- Open the tubing clamp and run water through the tubing.
- Gently spread the buttocks. Tell the patient to take slow breaths while you insert the catheter about one to two inches into the rectum.
- Hold the tubing in the rectum while the water is going into the rectum.
- After all the water is gone from the enema bag, gently remove the tubing.
- Hold for as long as he or she is able, but no longer than 10 minutes.
- Have the person release the water and/or stool into the toilet.

## How to Clean the Equipment

After each enema, clean the equipment as follows.

- Wash the tubing with warm soap and water. Hang the tubing to air dry. Do not let the tubing kink.
- Wash the enema bag with warm soap and water. Let air dry.
- Wash the catheter with warm soap and water. Let the catheter air dry.