

**Patient
Information**

Giving yourself a Clyssie™ enema

Introduction

This leaflet explains how to use your Clyssie™ enema which is very important for your procedure to go ahead.

What is Clyssie™ enema?

An enema is fluid that is placed in the rectum through the anus (back passage) to clear the bowel.

What does the enema do?

An enema makes you go to the toilet within a few minutes of using it. This cleans your lower bowel so that it can be seen clearly during your procedure. **An enema does not give you diarrhoea.**

When do I use the enema?

- You need to use the enema about 1 hour before leaving home for your endoscopy appointment
- Do not eat for 30 minutes before you use the enema, or afterwards until you have had your endoscopy procedure carried out
- You can drink water, but no other liquids
- The effect of the enema will wear off within 1 hour, so you do not need to worry about travelling to the hospital

What are the alternatives?

Oral bowel preparation is an alternative, but these are usually used for investigations such as colonoscopy or barium enema where the doctor needs to look deeper into the colon.

Are there any side effects?

Rare side effects are:

- Rectal bleeding
- Cramps

Reference No.

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Department

Endoscopy

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If you have nausea, vomiting or abdominal pain stop the administration of the enema.

How to use the enema?

If you are not sure about whether you should use the enema, or need to speak to someone about how to use it, please ring the Medications Advice Line (answerphone). The telephone number is at the end of this leaflet. A nurse will ring you back within 24 hours. Please do not feel embarrassed to ask for information or advice, your call will be dealt with in confidence.

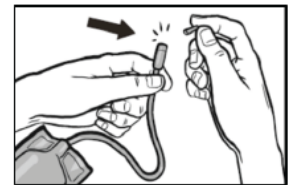
Enema instructions

1. Have a plastic bag ready to dispose of the enema after use. Peel the outer plastic packaging open to remove the enema pouch.



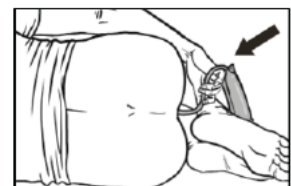
2. You can use a little Vaseline® to lubricate the thin tube if you wish.

3. Lie down close to the toilet, for example in a nearby bedroom. Lie on your left side if possible. You may like to lie on a towel. Draw your knees up towards your chest.



4. Break off the thin tip of the blue nozzle. Make sure the nozzle is left with a smooth end.

5. Gently insert the nozzle and thin tube into your bottom (anus). Insert as much of the tube as you comfortably can.



6. Use gentle pressure to squeeze the liquid into your bottom. Stop squeezing if you feel any resistance. You might not empty the whole pouch.



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7. Keep a firm hold of the used pouch as you pull the nozzle and tube from your bottom. Put the used enema in the plastic bag for disposal.
8. Stay lying down, and try to hold the liquid inside you for as long as you can (2 to 5 minutes if possible) before going to the toilet.
9. If your lower bowel is empty when you use the enema, you may not have a bowel movement. You may just pass the enema liquid. Do not worry if this happens – the enema has still worked.
10. You can dispose of the used enema in your normal household waste.

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Contact information**Medication Advice Line (answerphone)**

If you have any questions relating to your medication, please leave a message and a member of staff will return your call:

Cheltenham General Hospital

Tel: 0300 422 3370

Gloucestershire Royal Hospital

Tel: 0300 422 8232

Other Endoscopy Units**Cirencester Hospital**

Tel: 0300 421 6294

Monday to Friday, 8:00am to 6:00pm

Stroud General Hospital

Tel: 0300 421 8073

Monday to Friday, 8:00am to 6:00pm

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