

## What is an Enema?

An enema is a treatment in which liquid is gently inserted into the rectum through a small, soft tube. The fluid helps loosen and move stool so it can come out more easily. This can quickly clear stool from the lower part of the bowel.

## How to Give Your Child an Enema

**Explain what will happen.** Let your child know you are giving the enema to help their tummy feel better. You may tell an older child that they may feel like they need to go to the bathroom while the liquid is going in—that is normal. If they feel this urge, have them take slow, deep breaths and breathe out through their mouth to help ease this feeling.

**Prepare the area.** Place a towel under your child's hips to protect the surface underneath. If possible, choose a tiled floor (like in the bathroom) instead of carpet, just in case some leakage happens.

**Position your child.** Have your child lie on their left side with their right knee bent toward their chest. This position helps the fluid move into the lower bowel more easily.

**Give the enema as directed.** Follow the instructions that come with the enema product. These directions will tell you how to gently insert the tip and how much solution to give.

## What Happens After the Enema is Given?

**Have your child stay in the same position.** Ask your child to remain lying on their left side until the urge to have a bowel movement becomes strong. This usually happens within 2–5 minutes.

**Help your child get to the toilet or potty.** When they feel ready, have your child sit on the toilet or potty chair to release the fluid and stool. Reassure them that it is normal for it to come out quickly.

**Check what comes out.** Most of the enema solution should come out along with the bowel movement. It is helpful to look to make sure the majority of the fluid has been expelled.

Enemas are generally very safe when used as directed, and problems are uncommon. Still, it is important to know when to call MNGI for guidance. Call MNGI if any of the following occur:

- Your child does not have a bowel movement after the enema.
- The enema solution does not come out afterward.
- Your child has pain that does not stop once the enema is finished and they have had a bowel movement.
- You notice blood in your child's stool.
- Your child continues to pass large amounts of liquid stool after the enema.
- Your child has vomiting, becomes unusually sleepy or hard to wake, or has a seizure. These signs are uncommon but important to address. MNGI is here to help if anything does not seem right or if you have concerns after giving an enema.

If you have any questions, please contact our office at [612-871-1145](tel:612-871-1145).