

ENEMA

The Introduction (Injection) of any fluid or solution in to the large intestine through rectum for the various Purpose of Cleaning, Medication & Nourishment.



CLASSIFICATION

1. Evacuant Enema (Cleansing Enema)

It is used in the rectum to increase water content in the stool so that waste materials of the body can be easily removed from the body. It is water based enema.

2. Retained Enema

It lubricate the bowel and works by retaining in the body for atleast 15 minutes or more.

ENEMA

EVACUANT ENEMA

1. Simple Enema.
2. Cold or Ice Enema.
3. Medicated Enema



1. Purgative Enema
2. Anthelmintic Enema
3. Carminative Enema
4. Astringent Enema
5. Oil Enema

RETAINED ENEMA

1. Stimulant Enema
2. Anaesthetic Enema
3. Nutrient Enema
4. Emollient Enema
5. Sedative Enema

1. EVACUANT ENEMA (CLEANSING ENEMA):

A. Simple Evacuant Enema:

Purpose:

- To treat Constipation
- To Stimulate Defecation

Solution:

- Soap Jelly Solution 50 ml + 1 Litre water
- Normal saline (NS) Enema - 1 teaspoon to 500 ml water

Temperature

- Adult: 105-110°F
- Children : 100°F

B. Oil Enema:

Purpose:

- to soften the hard faecal matter
- severe constipation

Solution:

- Olive Oil
- Castor Oil + Olive Oil (1:2)
- Amount :- 115 - 175 ml

Temperature of Oil - 100° F

C. Purgative Enema :

Purpose: To induce Peristalsis movement

Solution:

- ❖ Pure Glycerine (15 - 30 ml)
- ❖ Glycerin + Water = 1 : 2
- ❖ MgSO₄ (60-120 ml with Water)
- ❖ Glycerine and Castor Oil (1 : 1)

D. Antihelminthic Enema :

Purpose : To kill & Destroy intestinal parasite.

Solution :

- Infusion of Quassia - 15 gm in 600 ml water.

- Hypertonic Saline solution - 60 ml NS in 600 ml Water.

E. Carminative Enema (Anti Spasmodic Enema):

Purpose :

- To relieve gaseous distension.
- To pass flatus (Abdominal gas)

Solution :

- Turpentine - 8-16 ml + 600-1200 ml Soap Solution.
- Tr. Asofoetida - 8-18 ml + 600-1200 ml soap solution.
- Milk 90-230 ml + Molasses 90-230 ml

F. Astringent Enema :

Purpose : To Relieve Inflammation & Prevent Bleeding.

Solution :

- ✓ Tannic acid 2 gm + 600 ml water
- ✓ Silver Nitrate - 2% with Water
- ✓ Alum - 30 gm + 600 ml Water

G. Cold Enema / Ice Enema :

Purpose & Solutions:

To treat Hyperpyrexia and Heat Stroke (Water Temperature is 80-90° F)

2. RETAINED ENEMA :

A. Stimulant Enema :

Purpose:

- used in the treatment of *Shock and collapse*
- it is also given in case of poisoning Eg. *coffee enema is given in Opium Poisoning.*

Solution :

- Black Coffee 1 table Spoon + 300 ml water
- Brandy 15 ml + 120-180 ml Glucose Saline.

B. Emollient Enema :

Purpose :

To Protect & smooth mucus membrane of intestine & to check diarrhoea.

Solution :

- Starch and Opium 1-2 ml Opium.

Amount : 120-180 ml

Temperature : 100-105⁰F

C. Nutrient Enema :

Purpose : To give nutrients & fluid.

Solution :

- ❖ Normal Saline
- ❖ Glucose Saline 2-5%

❖ Peptonised Milk Amount : 180-270 ml 4 hourly. &

Temp. 100° F

D. Anesthetic Enema :

Purpose : To induce Anesthesia

Solution : Avertin 150-300 mg/kg

E. Sedative Enema :

Purpose : to Administer Sedative Medication

Solution :

❖ Potassium Bromide

❖ Choral hydrate

❖ Paraldehyde

F. Barium Enema :

Purpose : To make Diagnosis

Solution : Barium Sulphate (Dose 2-3 pint)

IMPORTANT EXAM POINTS:

1. Size of Rectal Tube / Catheter :

a. Adult - 22 French

b. School Age Children - 14-18 French

c. Infant :- 12 French

2. Tube insertion :

- a. Adult - 3-4 inch
- b. Child - 2-3 inch
- c. Infant - 1-1.5 inch

3. Amount:

A. Evacuant Enema :-

- In Adult - 500-1000 ml
- In Child - 250- 500 ml
- In Infant - Below 250 ml

B. Retained Enema: - 100 - 150 ml

4. Position For Enema :

Left lateral or Sims Position :- so that sigmoid colon lies below the rectum and facilitating instillation of fluid.



5. Height:

- Cleaning Enema - 18 inch (45 cm) from anus
- Retained Enema - 8 inch (20 cm) from anus

There is an increase of 0.5lb of pressure for every 12 inches of elevation

6. Lubricants :

Use of water soluble jelly to lubricate 2-4 inch.

7. Evacuant enema temperature should be between 105-110°F for adult and 100°F for children.

8. *A retained enema should be given at body temperature*

9. Length of time the enema solution is retained

✚ Oil enema: 2-3 hours

✚ Other cleansing enema: 5-10 minutes

METHODS OF ENEMA :

1. Enema can & Tube method :

When large amount of fluid to be given. E.g. - Soap jelly Enema

2. Funnel & Catheter method :

When small amount fluid to be given.

Eg: Oil Enema

3. Glycerine syringe & Catheter method :

Small quantities (Purgative Enema)

4. Drip Method :

Fluid administered at the Slow rate

Eg: Nutrient Enema

CONTRAINDICATIONS OF ENEMA

- Appendicitis
 - Bowel perforation
 - Bleeding hemorrhoids
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