

Flatus Tube Insertion Procedure (Steps, Purpose, Nursing Notes)

Definition

Flatus tube insertion is a nursing procedure in which a soft rubber tube is inserted into the rectum to relieve excessive gas (flatulence) from the intestines. It helps reduce abdominal distension and discomfort in patients.

Purpose

- To relieve abdominal distension caused by gas
- To remove excess flatus from the intestines
- To improve patient comfort
- To prevent complications like bowel pressure
- To assist in certain medical conditions requiring gas release

Indications

- Abdominal distension due to gas
- Post-operative patients with bloating
- Intestinal obstruction (as advised)
- Patients unable to pass gas naturally
- Paralytic ileus

Contraindications

- Rectal injuries or bleeding
- Recent colorectal surgery
- Severe hemorrhoids
- Inflammatory bowel conditions (unless prescribed)
- Pediatric patients (with caution and doctor's advice)

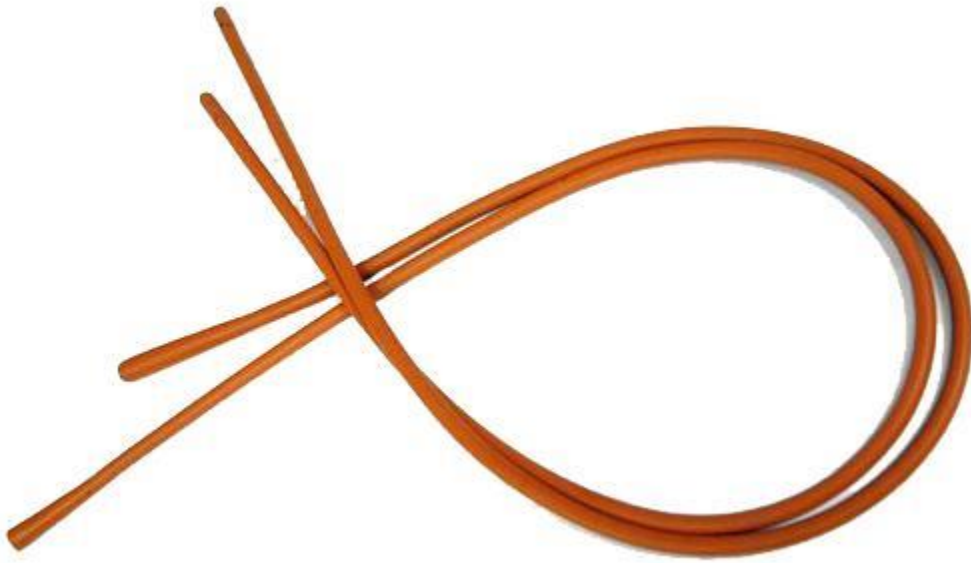
Procedure Steps

1. Explain the procedure to the patient
2. Provide privacy and position the patient (left lateral / Sims position)
3. Place a waterproof sheet under the patient
4. Perform hand hygiene and wear gloves
5. Lubricate the tip of the flatus tube
6. Gently insert the tube into the rectum (about 10–15 cm in adults)
7. Attach the outer end to a container (if needed)
8. Allow gas to pass through the tube
9. Leave the tube in place for 20–30 minutes (as prescribed)
10. Remove the tube gently
11. Clean the area and make the patient comfortable
12. Dispose of equipment properly and wash hands

Nursing Responsibilities

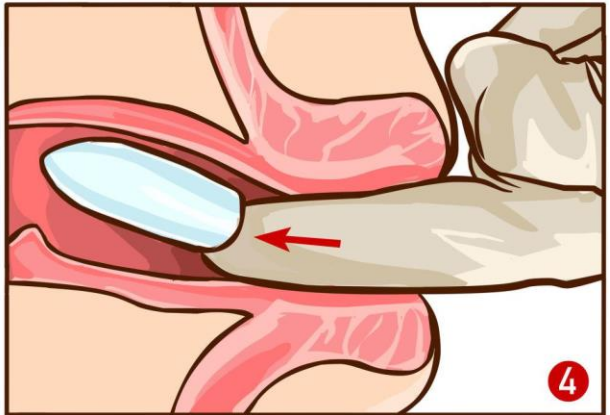
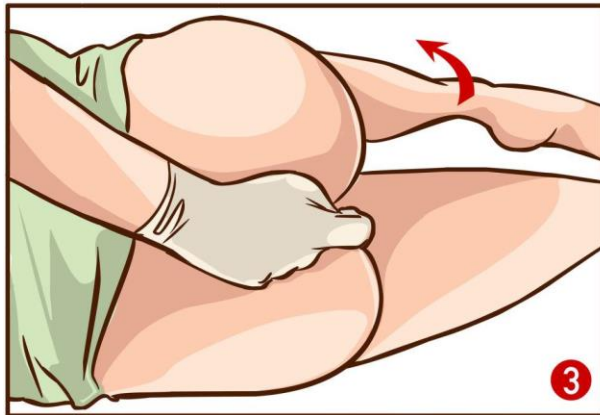
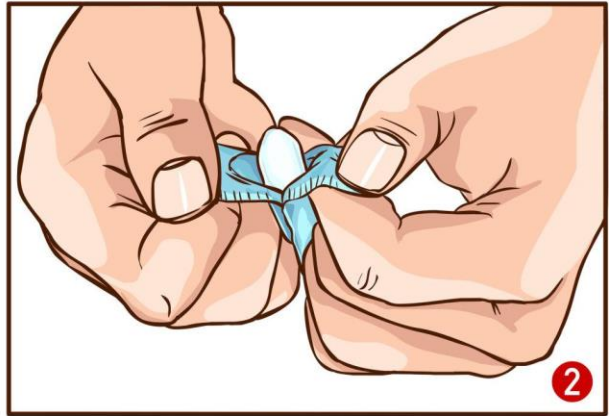
- Assess patient condition before procedure
- Maintain aseptic technique
- Monitor for discomfort or complications
- Do not leave the tube for too long (risk of mucosal damage)
- Record the procedure and patient response
- Educate patient about the procedure





SIMS POSITION

How to insert a suppository



What Are The Types Of Flatus Tube



01

Standard Flatus Tube

02

Magnetic Flatus Tube

03

Endoscopic Flatus Tube

04

Gastric Balloon Flatus Tube