



**PRAIRIE NORTH REGIONAL  
HEALTH AUTHORITY**

**POLICIES & PROCEDURES**

**Number: 15000(P)**  
**Category: Continuing Care**  
**Title: Bowel Care – Administration of Fleet Enema**

**Approved by: VP Integrated Health Services**

*J.A. Jiricka*

<b>Review Date:</b>					
<b>Initial:</b>					

**Source: Director Continuing Care Services & Director Rural Facilities**  
**Date Effective: May 2007**

**PROCEDURE**

1. Assemble the necessary supplies – enema, bedpan and cover if required, lubricant, protective pad.
2. Explain the procedure to the resident/client.
3. Prepare the enema.
4. Position the resident/client on left side and place incontinent pad under the resident/client buttock. Lying on the left side facilitates introduction of solution because of the anatomical position of the descending colon.
5. Lubricate the rectal tube.
6. Insert lubricated rectal tube approximately four (4) inches.
7. Slowly administer the enema. If resident/client experiencing discomfort, instruct resident/client to breathe deeply through mouth.
8. Remove the rectal tube.
9. Turn resident/client on right side and encourage resident/client to retain solution for 15 to 20 minutes.
10. Position resident/client on bedpan or assist to toilet or commode to expel enema.
11. Place call bell within reach of resident/client or stay within call of the resident/client. Use professional judgment in allowing resident/client to expel enema on commode or in a bathroom.
12. Remove resident/client from bedpan or commode or toilet and cleanse perineal area as necessary.
13. Position resident/client for comfort.
14. Inspect enema remains.
15. Document results of procedure in progress notes.