

When do I use the enema?

You need to use the enema around an hour before leaving home for your screening appointment.

Don't eat for 30 minutes before you use it, or afterwards until you've had your screening carried out.

You can drink water, but no other liquids.

The effect of the enema wears off within an hour, so you don't need to worry about travelling to the hospital.

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 bowel scope screening.

The enema doesn't give you diarrhoea.

Advice on using the enema:

If you aren't sure about whether you should use the enema, or need to speak to someone about how to use it, call us free on **0800 707 60 60**.

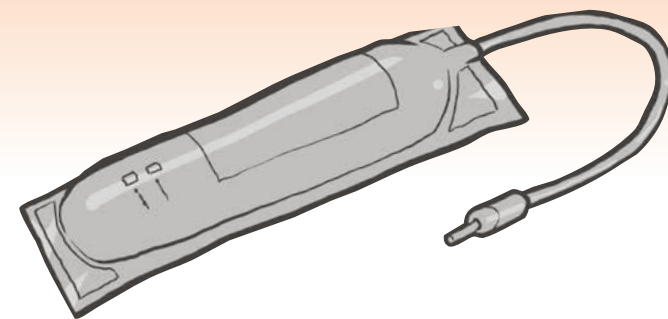
Calls will be dealt with in confidence. Please don't feel embarrassed to ask for information or advice.

For more information about bowel cancer screening, you can:

- speak to your GP
- go to: www.nhs.uk/bowel
- call the NHS Bowel Cancer Screening Programme free helpline on **0800 707 60 60** (calls are free from landlines and mobiles in the UK)

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NHS bowel scope screening: using the enema



Please read all of this leaflet before you use the enema.

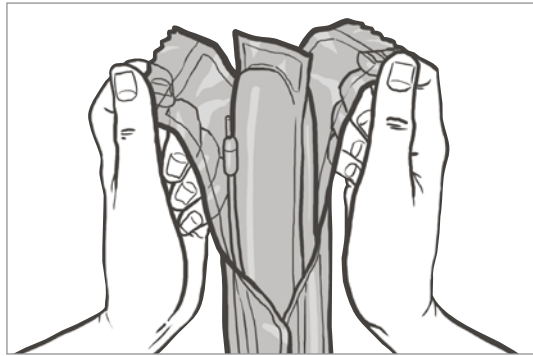
In your enema pack you will find:

- a packaged enema 'pouch' with a thin tube attached
- a small white plastic clip with the enema (you don't use this)
- a manufacturer's patient information leaflet

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Enema instructions

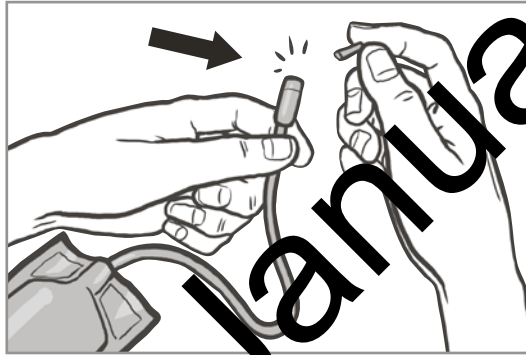
- 1 Have a plastic bag ready to dispose of the enema after use. Peel the outer plastic packaging open to remove the enema pouch.



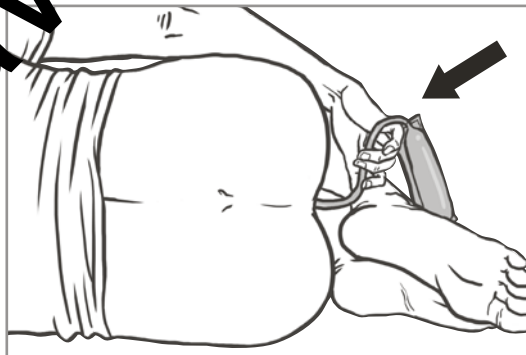
- 2 You can use a little Vaseline or cooking oil to lubricate the thin tube if you wish.

- 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 very thin tip of the blue nozzle. Make sure the nozzle is left with a smooth end.

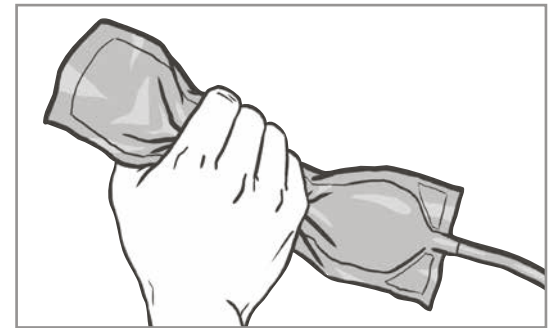


- 5 Gently insert the nozzle and thin tube into your bottom (anus). Insert as much of the tube as you comfortably can.



- 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.

- 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 before going to the toilet (around 5 minutes if possible).

- 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. Don't worry if this happens to you – the enema has still worked.

You can dispose of the used enema in your normal household waste.

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