

Unit seven

ENEMA

Enema cont--

- Enema is the introduction of fluid into rectum and sigmoid colon or
- is a procedure used to introduce fluid into the lower bowel.
- The purpose of an enema is :-
 - to cleanse the lower bowel,
 - to assist in the evacuation of stool or flatus, or
 - to instill medication.

Purposes...

- ❑ stimulate defecation & to treat constipation ex: simple evacuant enema
- ❑ To soften hard faecal matter ex: oil enema
- To administer medication ex: sedative enema
- To protect and soothe the mucus membrane of intestine & to check diarrhoea ex : emollient enema
- To destroy intestinal parasites ex : anthelminthic enema
- To relieve the gaseous distention ex : carminative enema

- Left lateral



Enema cont--

- Enemas can be large or small depending on their purpose.
- ❑ Large-volume enemas, which typically contain 500 to 1000 ml fluid
 - are administered to cleanse the bowel.
- ❑ Small-volume enemas are used for:
 - the purpose of evacuating stool or instilling medications in the lower bowel.
 - prepackaged solutions, which contain 150 to 240 ml fluid.

- 1) High enema: Is given to clean as much of the colon as possible . 30-45 cm above rectum
- 2) Low enema:-Is administered to clean the rectum and sigmoid colon only.

PURPOSE

- To stimulate peristalsis and remove feces or flatus (for constipation)
- To soften feces and lubricate the rectum and colon
- To clean the rectum and colon in preparation for an examination. E.g. Colonoscopy
- To remove feces prior to a surgical procedure or a delivery

Enema cont--

- For incontinent patients to keep the colon empty
- For diagnostic test -E.g. before certain x-ray exam – barium enema.
- The amount of enema depends the age of individuals.

Enema cont-

- SOLUTION USED:

- 1) Normal solution

- 2) Soap solution – sol. Soap 1gm in 20 ml of H₂O

- 3) Epsom salt 15 gm – 120 gm in 1,000

Enema cont--

❑ MECHANISMS OF SOME SOLUTIONS USED IN ENEMA:-

- 1) Tap water:- Increase peristalsis by causing mechanical distension of the colon.
- 2) Soap solution:- Increases peristalsis due to irritating effect of soap to luminal mucosa
- 3) Epsom salt:- The concentrated solution causes flow of ECF to the lumen causing mechanical distension resulting in increased peristalsis.

Enema cont--

- ❑ Precautions during enema administration:-
 - If “enema till clear” is ordered, no more than 3 L fluid should be administered in any one series of enemas.
 - Repeated enemas produce irritation of bowel mucosa and perianal area, as well as electrolyte loss and exhaustion.

Enema cont--

❑ Effects of Enemas

- Large-volume enemas disrupt the normal flora of the bowel, predisposing the client to diarrhea as the bowels recover from this traumatic event.
- Provide yogurt with active cultures or buttermilk to help the client restore normal flora.
- Antibiotic enemas may disrupt vitamin K synthesis by intestinal flora.
- Supplemental vitamin K may be required until normal intestinal flora is restored.

Enema cont--

- ❑ During administration of large volume enema:-
 - Introduce yourself and explain procedure
 - assure temperature within range of 99° to 102°F by using a thermometer or placing a few drops on your wrist.
 - Position pt to left side-lying position, with right knee bent.
 - Hang bag of enema solution 12 to 18 inches above anus

Enema cont--

- a bag placed at a height greater than 18 inches allows for too rapid an infusion rate and could result in cramping, or discomfort for the client.
- Lubricate 4 to 5 inches of catheter tip.
- Slowly infuse and ask the pt to take deep breath to facilitate insertion of the tube.
- Ask client to retain fluid for as long as possible, at least 30 minutes for better result.

Types of enema

type	solution	indication
1. Cleansing	Tap water, soap, NS	Evacuate bowel before surgery, diagnostic
2. Retention) (should be retained for at least 30 min)	Emollient (oil	Soften and lubricate stool for easy evacuation
3. Carminative(return flow)	Tap water, NS	Relieve distension due to flatus
4. medication	NS, sterile water mixed with medication	Depends on the medication

Solutions Used for Enemas

- Tap water Stimulates, dilates
- Soap suds Dilates, stimulates, Hypotonic and irritates bowel
- Normal saline Dilates, stimulates,
- Oil Lubricates, softens
- Antibiotic Cleansing-Antibacterial.

Unit- 6.Catheterization

- Catheterization is the removal of urine from the bladder by means of a catheter.
- Or it is introduction of a catheter through the urethra in to the bladder for the purpose of withdrawing urine.
- Catheter is a tube with a hole at the tip.

Catheterization cont--

- TWO TYPES OF CATHETER:-1. Plain or straight or Robinson: - is single lumen tube with a small eye or opening about 1.25 cm from the insertion tip.
- 2. Retention or folly or indwelling is catheter retained in the bladder by a balloon which may be inflated with air or liquid.

Nt--Catheter c

- CATHETERIZATION BY PLAIN CATHETER
- Plain catheterization is draining urine from the bladder for short period of or once only.
- PURPOSE
- ▫ To relieve discomfort due to bladder distention. To obtain a sterile urine specimen

Catheter cont--

- To measure amount of residual urine in bladder after normal voiding. An amount > 50 ml is abnormal
- To obtain urine specimen if other means is not satisfactory
- To empty the bladder prior to surgery

Catheter cont--

- CATHETERIZATION BY INDWELLING CATHETER
- Introducing folly catheter to the urinary bladder
 - a) For the gradual decompression of an over distended bladder,
 - b) For intermittent bladder drainage and irrigation and
 - c) For continuous bladder drainage

Cont--

- It has a second smaller tube throughout its length on the inside.
- This tube is connected to the balloon near the insertion tip.
- After the catheter insertion the balloon is inflated to hold the catheter in place within the bladder .
- The outside of the catheter is bifurcated i.e. it has two openings, one to drain the urine, the other to inflate the balloon.
- sometimes it has 3 openings the 3rd one is for bladder irrigation purpose.

Cont--

- To prevent bed sore, if pt is incontinent
- To prevent infection in case of perineal operation
- To measure urine output needs to be monitored hourly

Catheter cont--



Female Foley Catheter Insertion.wmv.webm

Enema cont--



How and Why to do an ENEMA - YouTube.FLV