

Cecostomy Flush Procedure with Homemade Saline Instructions.

Your child has had a cecostomy (c-tube) placed and now it is time to give your child the enema through the tube. This is sometimes called an irrigation or a flush. This allows for the enema solution to go through the entire colon (large intestine) to help keep your child's pooping regular.

Enema solution for a Cecostomy (C-tube)

The enema solution is called normal saline. This is a salt and water solution in specific measurements. **It is very important that you follow the recipe exactly using kitchen measuring tools.** This will allow it to be better absorbed by your child's body. If it is mixed incorrectly, it could be harmful to your child's body.

Supplies

Normal saline solution can be stored at room temperature for 3 days in a closed container or up to 2 weeks in the refrigerator. The refrigerated solution would need to be out of the refrigerator for 1 hour to allow it to come to room temperature before using.

You will need

- Plain table salt from the store, any brand (not sea salt)
- Water from the sink or distilled drinking water from the store, any brand
- If you have well water, use distilled drinking (if using well water, you have to boil it for ten minutes, let cool for one hour, and then boil another ten minutes before mixing with salt.)
- A clean container with a lid
- Measuring teaspoon



Recipe & Instructions

Wash your hands. Use a clean container with a lid. Measure 4 cups of warm or room temperature water and place into the container. Add 2 teaspoons (tsp) of table salt. Mix well with large spoon. Label the container **Normal Saline** and the **date/time** it was prepared.

- 4 cups of water
- 2 teaspoons of table salt
 - The salt dissolves in the water better if the water is warm

Storage of Normal Saline

The prepared Normal Saline can be stored on the kitchen counter for 3 days or in the refrigerator for up to 2 weeks. If stored in the refrigerator, take the amount of normal saline that you need out of the refrigerator and allow it to come to room temperature before using (1 hour).

Flush (Enema) Procedure

1. Wash your hands with soap and water
2. Gather the
 - gravity bag (re-usable)
 - connecting tube (re-usable)
 - room temperature enema solution
3. Close the clamp on the gravity bag
4. Measure out the doctor ordered amount of Normal Saline solution and additives.



Gravity bag

Your doctor has recommended that you use _____ mLs of Normal Saline solution and the following additives _____

5. Fill the gravity bag with the solution
6. Hang the gravity bag on an IV Pole or a coat hook about 5 ft above the ground
7. Open the clamp on the tubing and allow the solution to fill the tubing to the end, clamp the tubing
8. Have your child sit on the toilet if they can do this safely. If they are in diapers, have them in a comfortable position
9. Open the clamp on your child's c-tube and attach the gravity bag with attached connecting tubing
10. Open the clamp on the tubing and allow the solution to run in by gravity
 - If your child starts to have belly cramps, slow the rate down by adjusting the clamp on the gravity bag tubing
11. When the bag is empty, disconnect the gravity bag from the c-tube
12. Close the c-tube
13. Keeping your child sitting on the toilet, wait for the enema to start working – this may take 30 minutes to 1 hour
14. Massaging the belly firmly, right to left, may help empty the colon faster
15. When your child is done pooping, clean them as usual
16. Wash your hands with soap and water

Rinse the gravity bag and connecting tube with warm water. Then wash the gravity bag and tube with soap and hot tap water. Allow this to air dry. You will use this same bag again for the next enema.