

# Balloon Notes

Caring for your child.



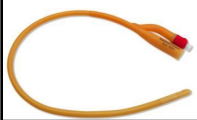





## Enema Administration for Bowel Management

### Why does my child need an enema?

Children with colorectal [co-lo-rec-tal] conditions often need help cleaning out their colon (bowel). Clearing out the bowels often helps stop poop accidents and treat long term constipation.

An enema is liquid medicine put in the rectum [rec-tum] (where poop comes out) to clean out the colon and keep your child free from poop accidents. This enema will need to be given every day.

### What supplies do I need?

|   |  |
|---|--|
|    | 1. 24 Fr (size) Foley catheter   |
|   | 2. 60 mL catheter tip syringe (to clean the Foley catheter)  |
|  | 3. 30 mL luer tip syringe (to inflate the balloon on the catheter)   |
|  | 4. Water-soluble lubricant (to help the catheter insert easier)  |
|  | 5. Gravity bag and tubing (to give the enema). Medical supply companies will know this as a gravity feeding bag with tubing. |
|  | 6. Enema solution (how much and what type of the solution will be decided by your child's doctor)                            |

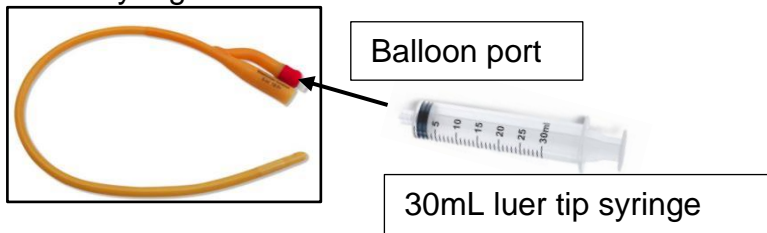
# Balloon Notes

## Caring for your child.

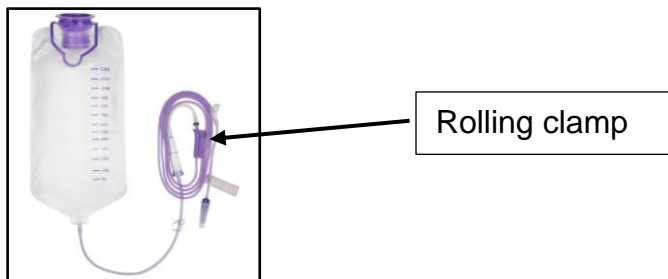


### Prepping for the enema

1. Have your child pee before the enema.
2. Wash your hands.
3. **Test** the balloon on the Foley catheter by attaching the 30 mL luer tip (screw on) syringe to the balloon port and pushing air into (inflating) the balloon. Then pull back on the syringe to make sure all air is removed.



4. Prepare the enema solution as ordered by your child's doctor.
  - a) Use warm water.
  - b) Gently mix the enema solution, but do not shake it.
5. Clamp the tubing and pour the solution into the enema bag. Hang the bag on a hook.

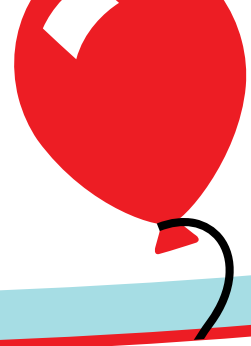


6. Attach the Foley catheter to the enema bag tubing.
7. Use a permanent marker to mark a line on the foley catheter at 6 inches from the tip (the part that goes into the rectum).
8. Unclamp the tubing and allow the enema solution to fill the tubing and the catheter.
9. Re-clamp the tubing.
10. Place water-based lubricant on the end of the Foley catheter.

You now have your supplies ready.

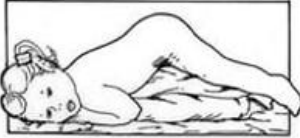
# Balloon Notes

## Caring for your child.



### Place your child in the proper position

This is very important, so the enema works well.



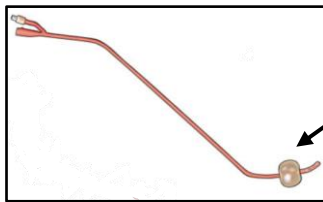
Children 2-12 years old



Children older than 12 years old

### Giving the enema

1. Gently put the Foley catheter 4-6 inches into your child's rectum. Guide the tip of the catheter towards their belly button.
2. Using the luer tip syringe, inflate the Foley balloon with about 30 mL of air and then remove the syringe.



Balloon on foley with air in it (inflated)

3. Gently pull back on the Foley catheter until you meet resistance. This will form a plug that will stop the enema fluid from leaking out of your child's bottom.
4. Unclamp the tubing and let the enema solution flow. It should take about 15 minutes for the enema bag to empty.
  - a. To slow down the enema, use the roller clamp on the tubing or lower the enema bag
  - b. Your child may feel like they have to use the bathroom while the enema is flowing in. Have your child take deep breaths to distract them.
5. Once all the enema has been given, clamp the tubing. Have your child stay in the enema position for 5-10 minutes. Set a timer.
6. After 5-10 minutes, have your child sit on the toilet. Remove the air from the Foley balloon and gently pull out the Foley catheter.
7. Have your child sit on the toilet for about 45 minutes to allow the enema fluid and poop to come out.
8. Rinse the enema bag with water and flush the Foley catheter with soap and water using the 60 mL catheter tip syringe. Let everything air dry.
9. Wash your hands.

# Balloon Notes

## Caring for your child.



### Helpful tips

- Tell your child what you will be doing. Children are less afraid when they know what to expect.
- Try to distract your child with special videos, toys or books that are only used during the enema (so they are new and interesting).
- Allow your child to be involved. This gives your child some control. Your child can:
  - help mix the enema
  - test the catheter balloon
  - pick out an activity to do
- Your child may have pain, feel sick, throw-up, feel dizzy or become pale while you are giving the enema. If this happens, give the enema slower or use warmer water. Do not use a microwave to warm the enema.
- Have your child rest their feet on a foot stool while sitting on the toilet. This will help them poop.
- Your child should drink as much fluids as their doctor suggests. They should drink fluids throughout the day.
- Try to give your child their enema at the same time every day to stop accidents.
- Don't give an enema after a large meal. It can make your child feel sick or throw-up.
- If you miss an enema 1 day, you may need to do 2 enemas the next day to get back on track. Call the clinic if you have questions about what to do.
- Call the doctor if your child:
  - has not pooped within 1 hour after giving the enema
  - is having more poop accidents

### Questions or concerns?

Please feel free to contact the surgery clinic at 214-456-6040, the nurse line at 214-456-9646, or send a message via MyChart. If you have urgent issues after hours, please call the hospital operator at 214-456-7000 and ask them to page the Pediatric Surgeon on call.