



RankenJordan
PEDIATRIC BRIDGE HOSPITAL

Rectal Drug Administration-Enema

- Your child's doctor may order a medicine that needs to be given in your child's bottom (in the rectum).
- There are different forms of medicine that can be given this way. One of the forms given this way is an enema.
- An enema is a liquid medicine. It is used to help your child poop and clear out their intestines.

How to give an enema:

1. Wash your hands.
2. Put on vinyl gloves if you have them.
3. Place your child on his or her left side with their knees bent to their chest.
4. Place a bed pad under your child's bottom.
5. Remove the enema cap.
6. Hold one buttock cheek open so that you can see the rectum.
7. Encourage your child to relax.
8. Gently place the tip of the enema into your child's rectum.
9. Squeeze the enema bottle so the liquid goes into your child's rectum.
10. Let go of the buttock cheek and have your child stay on his or her side for about 5-10 minutes. Encourage your child to hold in the enema liquid in for this time.

11. Replace your child's diaper if he or she wears one.
12. Remove gloves.
13. Wash your hands.
14. If your child does not wear a diaper, he or she may sit on the toilet about 10 minutes after you gave the enema. Your child can then gently push out the enema solution and poop. It may take up to 1-hour for your child to clear the poop from their intestines.