

Patient information

Phosphate Enema - Instructions For Use

Surgery and the Digestive Disease Care Group

The Phosphate Enema is provided so you can empty your lower bowel (left side of bowel and rectum) before you have your flexible sigmoidoscopy examination. The person (endoscopist) performing the examination will be able to see the lining of your bowel wall more clearly if your bowel has been emptied.

You need to administer the Phosphate Enema one to two hours before you leave home for your appointment. If this is your first time using an enema, don't worry. Enemas are safe, gentle and surprisingly easy to use. Most people find it convenient and comfortable to use the enema at home.

Are there any side effects/risks?

The only side effect is local irritation around your back passage.

Instructions for use

- Place a towel on your bed where you can position your bottom.
- Lie on the bed on your left side and bend your knees, bringing them towards your middle.
- Remove the top off the phosphate enema.
- Insert the nozzle of the enema fully into your rectum (back passage).
- Squeeze the contents of the enema into your rectum.
- You should have the urge to empty your bowel within a few minutes but try to hold the enema in for three to five minutes. You can do this by squeezing your buttocks together. You may find it easier to roll onto your stomach.
- You may wish to stay near a toilet for about an hour to make sure your bowel is empty.

The enema should have worked within the first hour so you should have no problems travelling to the hospital.

Is there an alternative bowel preparation that I can use?

There is an alternative to enema preparation which can be taken orally and requires a change in your diet. This preparation cleanses the whole of the large bowel instead of just the left hand side of the bowel. For the alternative to be prescribed you will need to be assessed in the clinic first, this means that the test will not be carried out on that day and may mean more clinic appointments.

Feedback

Your feedback is important to us and helps us influence care in the future

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

Further Information

Speak to your GP (family doctor) before using a Phosphate Enema if you suffer from any bowel or rectal disease.

If you have any queries or concerns please contact The Colorectal Department

Tel: 0151 706 3403

Text phone number: 18001 0151 706 3403

Or

The Gastroenterology Unit during the following hours

Monday – Thursday	0800 – 2100 hrs
Friday	0800 – 1700 hrs
Saturday/Sunday/BH	0800 – 1600 hrs

Tel: 0151 706 2656/ 2819/2726

Text phone number: 18001 0151 706 2656/2819/2726

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

The Emergency Department (A&E) is open 24 hours

Tel: 0151 706 2051/2050.

Text phone number: 18001 0151 706 2051/2050

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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