

Enema Administration

Enemas are used to help clean the colon. The enema allows a solution to enter the colon via the rectum to assist in cleaning stool out of the colon and keeping the child free of accidents for 24 hours. Before administering the enema, instruction will be provided by the Colorectal Center team. The team will also provide you with the ingredients that are to be used in the enema solution.

Supplies needed:

1. 24 French Foley with 30 ml balloon (16 French for children under one yr of age)
2. Kangaroo gravity bag
3. Lubricant
4. 20 ml syringe
5. Recipe items for enema solution

Follow these steps when administering the enema:

1. Combine enema ingredients prescribed by Colorectal Center in the gravity bag
 1. Saline – warm to body temperature
 2. Glycerin
 3. Soap
 4. Fleet (Phospho soda enema)
2. Gently mix this solution, do not shake vigorously
3. Allow fluid to fill the tubing and Foley by releasing roller clamp
4. Lubricate Foley very well
5. Place child in proper position
6. Insert Foley approximately 4 inches into the rectum
7. Inflate balloon with 30 ml of air
8. Pull back on Foley until resistance is met
9. Infuse enema solution over 15 minutes
10. Deflate balloon by pulling all air out until resistance is met with syringe
11. Sit on toilet for 30 minutes
12. Record all events on enema log provided to you

Positions for enemas



0-2 years



2-12 years



More than 12 years

Contact Us

For more information about enemas or to request an appointment with the Colorectal Center for Children at Children's Hospital of Pittsburgh of UPMC contact us at **412-692-7280** or by email at colorectalcenter@chp.edu.