

## Preparation for treatment

After your planning scan, you will get a prescription for the micro enemas.

You will need to repeat the micro enema process before each of your radiotherapy treatments. Bring one tube with you each day. If you forget to bring a tube with you, don't worry, as we can give you a replacement.

Each visit thereafter, when you arrive in the radiotherapy department, use your micro enema and, once it has been effective and you have opened your bowels, check in at reception.

Although the thought of using a micro-enema each day may sound unpleasant, research has shown that the use of an enema will benefit your treatment.

## How to contact us

Radiotherapy Department: Tel: 0118 322 7872 (9am-5pm)

Radiotherapy Clinic: Tel: 0118 322 7890 (9am-5pm) or email:

[Reviewradiographers@royalberkshire.nhs.uk](mailto:Reviewradiographers@royalberkshire.nhs.uk)

Macmillan Cancer Information Centre:

Tel: 0118 322 8700 or email:

[macmillan.information@royalberkshire.nhs.uk](mailto:macmillan.information@royalberkshire.nhs.uk)

Patient Advice & Liaison Service (PALS):

Tel: 0118 322 8338 or email:

[PALS@royalberkshire.nhs.uk](mailto:PALS@royalberkshire.nhs.uk)

## Useful organisations and websites

Macmillan Cancer Support 0808 808 2020

[www.macmillan.org.uk](http://www.macmillan.org.uk)

To find out more about our Trust visit

[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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Next review due: March 2024



**Royal Berkshire**  
NHS Foundation Trust

# How to use a micro enema

Information for patients

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**This leaflet is for patients who have been prescribed a micro enema in preparation for radiotherapy planning and treatment. We hope it will help to answer some of the questions you may have. The radiographers will also talk you through this procedure and can help with any further questions.**

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### **Why do I need a micro enema?**

A micro enema is used to soften your faeces (poo) and gently assist with emptying your bowel. In radiotherapy, if you have not had a bowel motion that day or if your rectum (back passage) is not completely empty, it can lead to your internal organs moving during treatment.

This can affect the accuracy of the treatment.

Using a micro enema helps the position of the rectum. The benefit of this is to reduce side effects from the treatment.

### **Bowel preparation**

The micro enema tube will look similar to this. Please note the name on the box may be different.



At your planning CT appointment, the radiographers will give you a tube of micro enema and lubricating gel. The micro enema comes in a small tube (5mls / one teaspoon in volume) with a nozzle (see picture). The medication is inserted into your rectum (back passage) through the nozzle.

This soon causes your bowel to empty with a bowel motion or passing of wind. If you have already had a poo on the day of the scan, you will still need to use the micro enema, to make sure that your rectum is empty.

You will usually feel a need to have a bowel motion within 10–15 minutes, with most people needing to visit the toilet only once. However, before your scan, please empty your bowel as often as you feel the need to.

### **How to use the micro enema**

1. After you arrive in the Radiotherapy Department, go to the toilet with the tube of micro enema and remove the cap. To make it easier to insert the nozzle into your rectum, spread some lubricating gel over it.
2. Gently insert the nozzle fully into your rectum. Squeeze out all the content and keep squeezing the tube as you remove the nozzle. (This action prevents the medication from being drawn back into the nozzle.)
3. Return to the waiting room until you feel the urge to go. Then go to the toilet to empty your bowel.
4. If after 15 minutes, you have not had the urge to empty your bowel, please try to do so.
5. If your rectum is already empty, the micro enema will have no effect. If this is the case, please do not be concerned and just let the radiographer know.
6. When you return to the waiting room, tell the receptionist that you have just opened your bowels. Your scan will take place approximately 30 minutes later.