

## Instructions for administering the enclosed enema

Depending on your travel arrangements we suggest that you administer your enema between one and two (1 and 2) hours before the arrival time.

- Remove bottle from packet.
- Stand bottle in a jug of warm water for 3-4 minutes.
- Remove the protective top.
- Lie on your side with both knees bent.
- Insert the full length of the nozzle into your rectum (back passage) – the tip of the nozzle is pre-lubricated.
- Squeeze the bottle until empty.
- Discard the empty bottle.
- Wait for 5 minutes in the same position to allow the enema to work (this is very important!).
- Go to the toilet and open your bowels as fully as you can – the effects of the enema may last up to 1 hour during which time you may feel some discomfort.

If for any reason you feel unable to administer the enclosed enema, please contact the Endoscopy Unit at the Royal Berkshire Hospital on 0118 322 7458.

### Further information

More information is available on the Trust website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Endoscopy Unit

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