

**SECTION: NURSING SERVICES**

**POLICY #: 412 ELIMINATION**

**POLICY:** Central Valley Health District RN performs enema on clients requesting such treatment. Enemas will be administered per doctor's orders.

**PROCEDURE:**

1. Obtain physician's orders for specific type and frequency of treatment.
2. Use Universal precautions per policy.
3. Procedure will be explained to client.
4. Position client on left side with right knee flexed. Place protective barrier under client's hips.
5. Insert lubricated tube 2" - 4" into rectum unless otherwise ordered. Solutions should be at least room temperature and allowed to flow slowly.
6. Client will be instructed on comfort measures, such as slow deep breathing, or informing nurse of cramping.
7. Client will be encouraged to retain solution for up to 15 minutes as tolerated.
8. Client will be assisted onto bedpan or up to bathroom to expel enema solution.
9. Evaluation of results will be done and reported to physician as appropriate.
10. Complete appropriate documentation per policy.