

Radiotherapy department

How to use micro-enemas

This leaflet explains the preparation you will need to do for your planning CT scan and radiotherapy treatment. Please read the instructions carefully, it will help you understand the process before attending your appointment.

Your radiographer will explain how to use the micro-enema and give you a box of enemas to keep at home.

Why do I need to prepare for my planning scan/radiotherapy treatment?

If your rectum (back passage) is full of wind or faeces when you have your radiotherapy treatment, it could mean the prostate is in a different position, which can cause delays in your treatment.

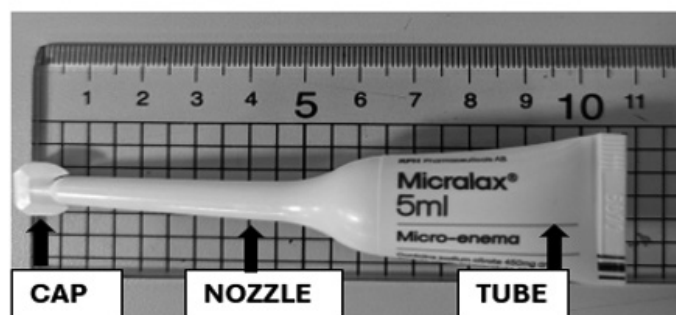
Having a micro-enema before your planning CT scan and radiotherapy treatment, can help us to:

- make sure your treatment is accurate and reproducible
- reduce the risk of side effects

Please ensure you keep yourself well hydrated and have followed your normal eating pattern before all of your appointments.

How to use the micro-enema

The medication for the micro-enema comes in a small tube with a nozzle (see picture).



- Wash your hands.
- Sit on the toilet, or if preferred, lie down on your side with your knees slightly tucked up towards your chest.
- Twist and snap the cap off.
- Squeeze a small amount of the liquid out onto the nozzle to use as lubrication before you insert.



- Gently insert the narrow part of the tube (nozzle) into your rectum (back passage).
- Gently squeeze the contents into your rectum.
- Keep squeezing the tube as you remove it from your rectum. This will stop the medicine being drawn back into the tube.
- Place the empty enema in the bin.
- Wash your hands.
- The enema may take 10-15 minutes to work. You do not need to stay in the toilet during this time.
- Note the time you have administered the enema as you are likely to be asked this.

Bring 2 enemas each day in case you need to use a second. Let the team know when you're running short of supplies.

Frequently asked questions

When should I use the enema?

You will be advised by your treatment centre. If there is a delay in delivering your radiotherapy and you have opened your bowels more than 2 hours before treatment, you may be asked to use a second enema.

Will I need to use a micro-enema if I have already emptied my bowels?

Yes. The bowel could refill with either faeces or wind, and it is important to be empty of both.

What will happen if the micro-enema does not work?

Please do not worry if the micro-enema does not work. It is only a mild laxative and will only empty your rectum if it is full. Please don't strain and don't worry if you cannot empty your bowels, wind is just as important to pass. Your back passage may already be empty.

Can I use micro-enemas if I have haemorrhoids (piles) or an anal fissure?

Yes. Gently insert the nozzle into the rectum to avoid any trauma. If you have any bleeding after you have used the enema, please let your team know.

Will micro-enemas affect my other medication?

No. Ingredients in the micro-enema are not likely to be absorbed, and there are no reported interactions or effects with other medications.

For further information or advice contact

The Christie at Withington radiotherapy reception – **0161 446 8177**

The Christie at Oldham – **0161 918 7700**

The Christie at Salford – **0161 918 7800**

The Christie at Macclesfield – **0161 956 1700/1705**

Proton therapy team – **0161 918 7577**

The Christie Private Care – **0161 918 7991**

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

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For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
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