

Precautions

1. For rectal use only. Not to be taken orally or administered vaginally.
2. Use the medication as directed by your doctor.
3. If you have history of drug allergy, consult your doctor or pharmacist before using the medication.
4. Do not use when there is nausea, vomiting or abdominal pain.
5. Consult your doctor immediately regarding any rectal bleeding after using an enema.
6. Do not force the enema into the rectum to avoid damaging the surrounding tissue.
7. Discard all medications that have expired or are no longer required.
8. Do not share the medication with other people.
9. Tell your doctor and pharmacist if you are pregnant, planning to become pregnant, or breastfeeding.
10. Please consult your doctor if symptoms persist or worsen after using the medication.

What are the possible side effects?

The common side effects include rectal pain and irritation.

If you notice any allergic reactions like skin itchiness, face or hand swelling, breathing difficulty, etc., consult your doctor immediately.

What if I miss a dose?

Use the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not double the dose.

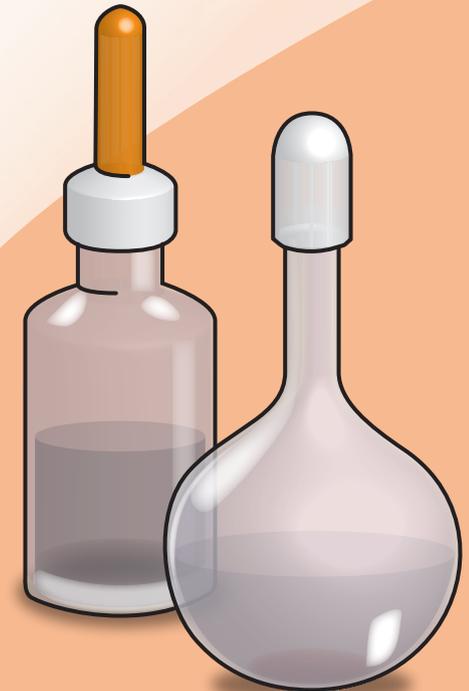
How to store?

1. Keep out of reach of children.
2. Store in a cool, dry place and away from direct heat and light.



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Enemas



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藥劑職系及服務統籌委員會
COC-Grade (Pharmaceutical Services)



醫院管理局
HOSPITAL
AUTHORITY



What are Enemas?

Enemas are liquids for administering medications into the rectum.



Indication

Enemas are commonly used for:

1. Relieving constipation
2. Preparing for a colonoscopy
3. Treating inflammation of the intestine, etc.



How does it work?

Enemas have various mechanisms of action depending on their active ingredients. Some lubricate and stimulate the lumen of the intestine to induce emptying of the bowel. Some have anti-inflammatory effects.

How to use?

1. Wash your hands thoroughly. Use disposable gloves if necessary.
2. Shake the enema bottle well before use.
3. Remove the protective cap from the tip, if applicable.
4. Lie down on your left side with your left leg stretched out and your right leg bent towards your chest for balance, arms resting comfortably.

Left-side position

(For adults or children >1-year-old)



OR

Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.

Knee-chest position

(For adults only)



5. Gently insert into the rectum with the tip pointing towards the navel. If this causes pain or irritation, apply a small amount of lubricant on the tip of the applicator before inserting it.
6. Hold the bottle firmly and squeeze it slowly and steadily until all liquid is expelled unless otherwise instructed.
7. Remove the squeezed bottle from the rectum.
8. Remain in the same position as instructed. This allows the medicine to spread through the intestine.
9. Discard the used materials (such as enema bottle and gloves), then wash hands thoroughly.



Ask your family members or someone to administer the enema for you if necessary.