

Instructions for: _____

Give _____ irrigations each day,
or as directed by your doctor.

Instructions for rectal irrigation

Supplies

- Warm saline – from store or made at home.
- Bulb syringe or Toomey[®] syringe.
- Rectal tube or Foley catheter size _____.
- Lubricant – MUKO[®] or K-Y[®] jelly.
- 2 bowls or containers – 1 ‘clean’ for saline, 1 for soiled return.
- Barrier cream – eg, a diaper rash cream.

Irrigation

1. Pour _____ ml of warm saline into the clean bowl or container.
2. Put lubricant on the tip of the tube/catheter.
3. Position _____ so you can see his or her anus.
4. Gently insert the tube/catheter as far as it will go easily (2 to 3 inches, or farther).
Do not force it in. If you feel resistance when inserting the tube/catheter, wait a few seconds and try again to gently push it more.
5. Place the bowl for soiled return under the open end of the tube. Gas or stool may come out when you insert the tube/catheter.
6. Draw up _____ ml of saline in the syringe.
7. Attach the syringe to the tube/catheter. Gently squeeze the bulb or push the syringe plunger to insert saline.
8. When the saline has gone in, gently release pressure from the bulb, or remove the Toomey[®] syringe from the tube. Let soiled return flow into the bowl.

9. If no fluid comes out, gently move the tube/catheter in and out slightly, until fluid comes out.
10. Repeat steps 6 to 9 until all the saline is gone. During the irrigation, from time to time, try to push the tube/catheter in farther. This may be easier to do while inserting the saline.
11. When all the saline is used, gently remove the tube/catheter.
12. Wash and dry the rectal area. Apply the barrier cream.

How to clean supplies

- Wash all equipment with warm, soapy water. Rinse well and let air dry.
- Every 2 or 3 days, soak the syringe and tube/catheter for 30 minutes in a mixture of 1 part vinegar and 2 parts water. Rinse well with warm water.

Using homemade saline

- Follow instruction in the handout: “How to make normal saline at home”.
- Make enough for 1 day of irrigations. Normal saline can be stored in a clean glass container for up to 24 hours.
- Before each irrigation, pour the amount you will use into a smaller container and warm it to room temperature.