

Rectal irrigation

What is rectal irrigation?

A rectal irrigation is a way to wash out retained stool and toxins from the bowels (colon or intestines). It is often used when a child has a serious infection in the bowels called enterocolitis, or for treatment of Hirschsprung's Disease while your child is awaiting surgery.

Frequency of irrigations: _____ times a day or every _____ hours.

Amount of saline to be used (each irrigation): _____ (10 to 20ml/kg)

Supplies needed:

- Normal saline (warmed to room temperature)
- You can buy saline in bottles.** It is also called saline solution, normal saline, or 0.9% Sodium Chloride Solution.

OR

- Make it at home.** Mix 2 cups of water with 1 tsp table salt in a pot and bring to a boil. Continue to gently boil, covered, for 15 minutes.

Allow to cool. Place in covered, clean glass container. It can be stored for up to 24 hours.

Do not change this recipe. Changing the recipe could be harmful. Never use plain water by itself. Make enough for 1 day of irrigations.

- Foley catheter size _____ (minimum size 12F)
- 60 mL slip-tip syringe
- Lubricant, such as MUKO or K-Y Jelly (do not use Vaseline)
- Two bowls: 1 'clean' for saline, 1 for soiled return

How do I do a rectal irrigation?

- Wash your hands
- Find a helper (if needed)
- Gather the supplies
- Pour the amount of saline you will use into a small container to warm it to room temperature.
- Irrigate the rectum with saline:
 1. Pour _____mL of warm saline into the clean bowl.
 2. Put lubricant on the tip of the catheter.
 3. Place your child on their back or side with their knees pulled up to their chest (or place your baby in a frog-legged position).
 4. Gently insert the catheter as far as it will go easily (at least 2 to 3 inches, or farther). Do not force it in. If you feel resistance when inserting, 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 catheter.
 6. Draw up **20 to 60mL** of saline in the syringe.
 7. Attach the syringe to the catheter. Gently push the syringe plunger to slowly insert 20mL of saline at a time.
 8. When the saline has gone in, disconnect the syringe from the catheter. Let the soiled return flow into the bowl.
 9. If no fluid comes out, gently move the catheter in and out slightly, until fluid comes out. You can gently massage your child's abdomen to encourage the fluid to come out.
 10. Repeat steps 6 to 9 until all the saline is gone.
 11. When all the saline is used, gently remove the catheter. Discard the soiled solution into the toilet.
 12. Wash and dry the rectal area.

How do I clean the supplies?

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

When should I be concerned?

Call the pediatric surgery team if there is no fluid coming out and your child's abdomen become distended, hard and/or tender.

- During the day (8 am to 4 pm), call the Nurse Practitioner at 905-521-2100, ext. 73618.
- After hours, call Paging at 905-521-5030 and ask to speak with the Pediatric Surgeon on-call.