

Fleet Enema

What is Fleet Enema?

A fleet enema is a treatment to clear the back passage, the bowel.

How does it work?

This is a salt water (saline) laxative. It works by drawing water from the surrounding bowel into the back passage. This softens the stools, making them easier to pass and promotes bowel movement.

What are the side-effects?



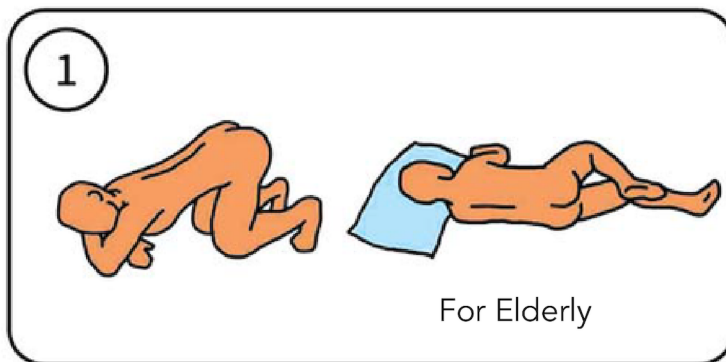
- Diarrhoea – this may cause dehydration if it goes on for a long time
- Stomach pain/cramps
- Nausea and vomiting
- Burning feeling at the anus

When is it used?

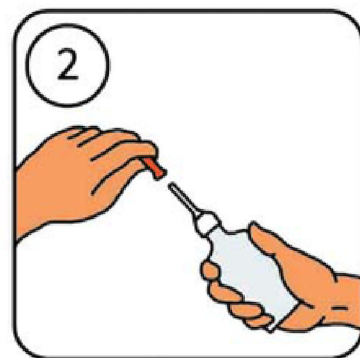
- To relieve constipation.
- To clear hardened stools that have blocked the anus.
- To cleanse the bowel before an examination or surgery.

How to give a Fleet Enema?

- Left-side position: Lie on left side with knees bent and arms resting comfortably.
- Knee-Chest position: Kneel, lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.



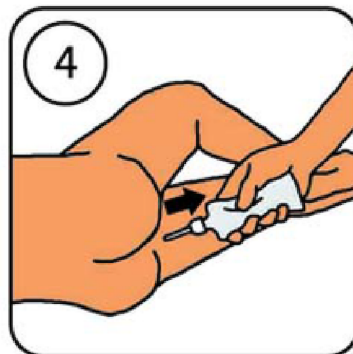
Choose your position



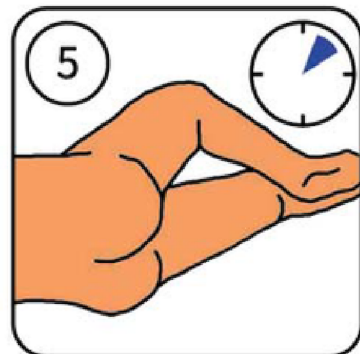
Remove the cap from the nozzle.



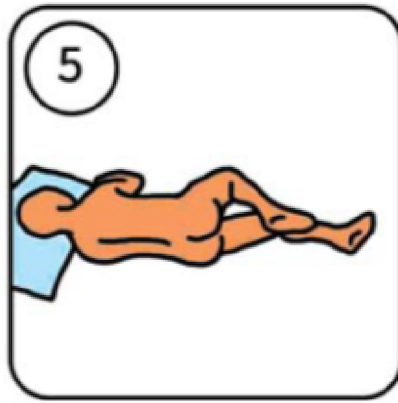
Gently insert and squeeze into anus. It is not necessary to empty all the solution.



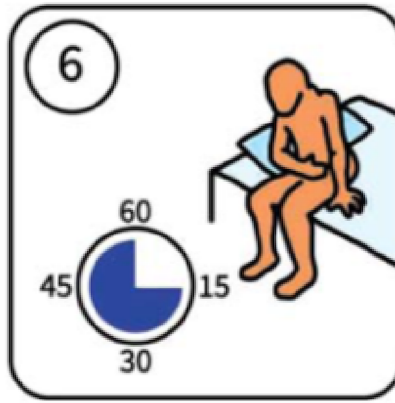
Keep the bottle squeezed while removing nozzle from anus.



Try to retain the solution until the urge to evacuate is strong (2-5 minutes). Do not repeat the enema within 24 hours.



Remove and discard gloves. Lie down for short while.



It usually produce a bowel movement within 15 to 60 minutes. Wash your hand after each insertion.

Proceed to the Emergency Department (A&E) immediately if you have:

- Constipation after using the enema.
- On and off diarrhoea, nausea and vomiting – this may be a sign of a blockage in the bowel.
- Bleeding from your back passage.
- A sudden change in bowel habits lasting more than 2 weeks.

Stop the medicine if you develop an allergy reaction to the medicine:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

Safety Precautions

- Do not use more than 1 enema in 24 hours.
- Do not use longer than 3 days unless instructed by physician.
- Drink extra water unless contraindicated by your physician.
- Keep the medication out of reach of young children.

Contributed by Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of April 2024 and subject to revision without prior notice.



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