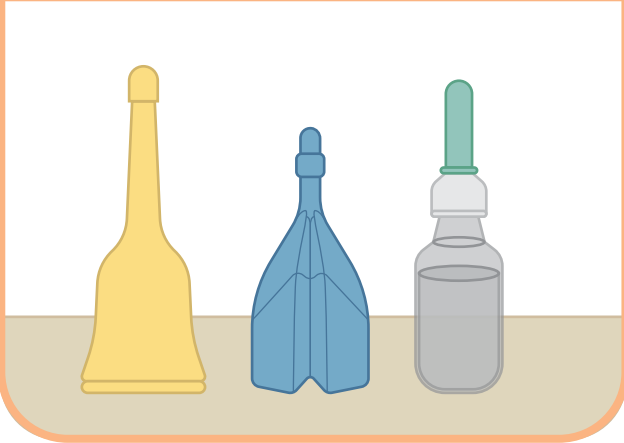


# How To Administer Rectal Enema

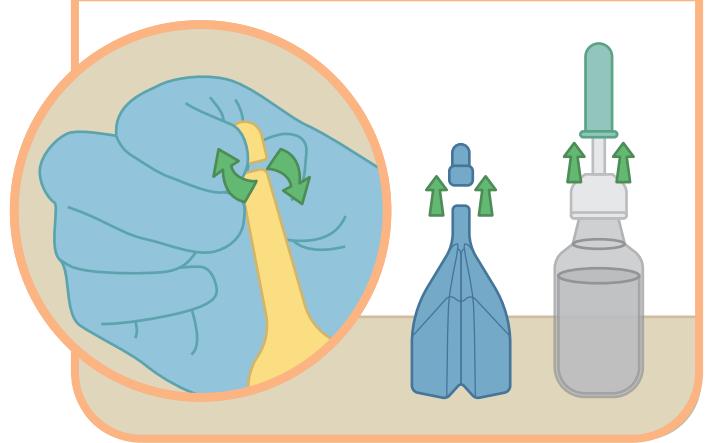
1

Rectal enema is a liquid medication to be administered via the anus.



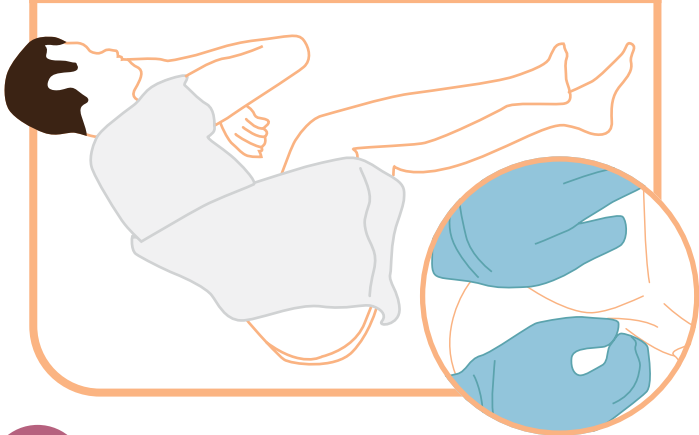
2

Wash hands and wear a pair of gloves. Twist to break the seal or remove the cap. Keep the tube in an upright position.



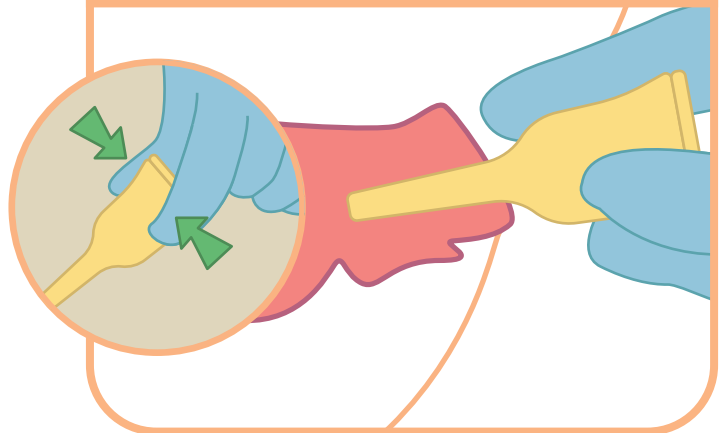
3

Lie your loved one onto his/her side with knee drawn up towards the abdomen. Stand behind your loved one, separate the buttocks to expose the anus.



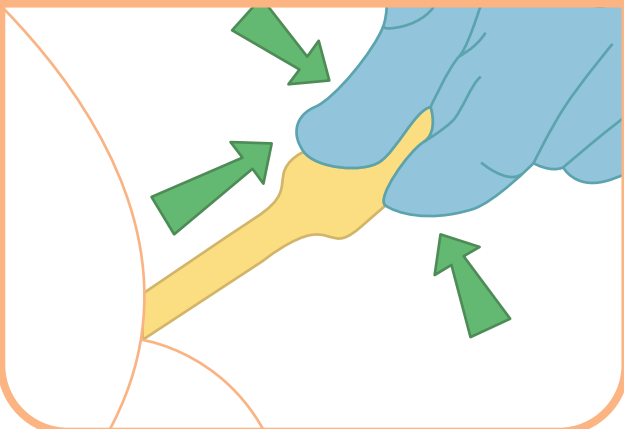
4

Gently insert the entire length of nozzle into the anus. Squeeze the tube to administer medicine.



5

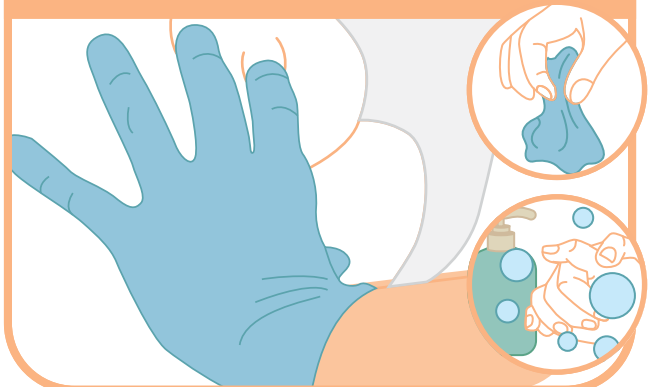
Continue squeezing the tube as you remove the nozzle from the anus. This is to prevent the liquid from being sucked back into the tube.



6

If your loved one is unable to hold the liquid, you may hold the buttocks together for 3-4 minutes to prevent leakage.

Remove the gloves and wash your hands after the procedure.



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