

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:
Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Books, DVDs and More

Find materials about
disabilities, medical conditions
and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway

651-229-3938

hre@gillettechildrens.com

Cone Enema Instructions

patient education
DIS093

1. Attach the cone irrigation tip to the end of the tubing.
2. Put the correct amount of lukewarm water (as instructed by your health care providers) into the enema bag. Plain water usually works more effectively than saline and is safe to use. If your child's health care provider has recommended using saline instead of water, it can be made by adding 1 1/2 teaspoons of salt to every 500 cc of water.
3. Hang the bag 5 to 6 feet high.
4. Flush the tubing with water by allowing water to drain completely through the tubing so that no air will be pushed into your child's body. Once water has completely filled the tube, reclamp it shut.
5. Lubricate the tip of the cone.
6. With your child sitting on the toilet or laying on his or her **RIGHT** side, gently insert the tip of the cone into the rectum. Do not insert the cone deeply, as this will hurt your child. Hold the cone in place.
7. Open the clamp on the enema bag to allow the water to run in relatively fast, emptying the full bag in about one to two minutes.

If your child experiences **cramping**, pause briefly and then resume the enema.
If your child experiences **pain**, STOP filling.
8. Remove the cone tip after 5-10 minutes of your child sitting/lying with the entire amount of water in his or her abdomen.
9. You may massage your child's abdomen in a clockwise direction.
10. Move your child onto the toilet. Your child should remain on the toilet to drain his or her bowel.
11. Wash the cone irrigation tip with soap and water. Store it dry until the next use.

NOTE: Do not use enemas more frequently than once per day.