

How to Use a Sucralfate Enema

This handout offers information on how to use a Sucralfate Enema. Your radiation oncologist prescribed this enema for you. You may be experiencing the sudden or immediate need to have a bowel movement or diarrhea. These are both side effects of the radiation treatments to your pelvic area. A Sucralfate Enema works by creating a protective barrier (coating) on the walls of your bowel. You will need to use this enema twice a day to help lessen the side effects.

Definitions

Enema: A medication injected through your anus and into your rectum.

Anus: The opening at the end of your digestive tract where stool (poop) leaves your body.

Rectum: The section of the digestive tract above the anus.

What you need to give yourself the enema

- Bulb syringe (see picture below)
- Sucralfate Suspension
- A water-based lubricant (example: K-Y Jelly Lubricant). Do not use a petroleum-based lubricant (example: Vaseline).
- Measuring cup and warm water
- Towel



How to give yourself the enema

1. Add about 40 millilitres of warm water to a clean measuring cup.
2. Squeeze the 'bulb' part of the syringe to pull up 10 millilitres of the Sucralfate Suspension. Stop squeezing the bulb syringe and remove it from the Sucralfate Suspension.
3. Squeeze the 'bulb' part of the syringe again to pull up 20 to 40 millilitres of warm water from the measuring cup. Stop squeezing the bulb syringe and remove it from the warm water.
4. Gently roll the bulb syringe back and forth between your hands 2 to 3 times to mix the water with the Sucralfate Suspension.
5. Lubricate the end of the bulb syringe with the water-based lubricant.

6. Lay down on your left side on a flat surface (example: your bed).
7. Put a towel under you to absorb any of the enema that may leak out of your rectum.
8. Bend both of your knees up towards your chest.
9. Gently insert the lubricated end of the bulb syringe into your anus and into your rectum. Insert it for about 10 centimeters (4 inches).
10. Squeeze the bulb of the syringe until all the Sucralfate Suspension is inserted into your rectum.
11. Remove the bulb syringe from your rectum. Do this slowly.
12. Stay in a lying position for about 15 minutes. Slowly roll over onto your right side. This helps the Sucralfate Suspension coat the lining of your bowel.
13. Clean the bulb syringe in warm water.
14. Wash your hands.

Talk to a member of your healthcare team if you have questions or do not understand any information in this handout.

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