Subject: Three Maneuver Enema

Purpose: To cleanse the colon for x-ray and/or surgery procedures or when total bowel cleansing is needed

May be performed by: RN

Equipment: Same as “Cleansing Enema” N 4-15A

Procedure:
A. Prepare patient
   1. Instruct (encourage to relax, take deep breaths in and out of mouth during procedure)
   2. Screen patient and drape with bath blanket
   3. Place protector under patient's buttocks
   4. Assist patient to left lateral Sim's position (unless contraindicated)
      If unable to contain solution, give enema to patient on bedpan
   5. Expose buttocks
B. Prepare equipment (at bedside)
   1. Close clamp on tubing and fill container with ordered solution:
      a. 1000 cc of cleansing solution; give at least ¾ of this for best results
      b. Temperature 100 -105 degrees F (Use wrist test 103 –105 degrees F)
   2. Place bedpan on foot of bed
   3. Lubricate end of tube approximately 4” and expel air from tube by allowing solution to
      flow into bedpan
C. Method
   1. Place irrigating bag on bed
   2. Separate buttocks and insert rectal tube gently into rectum 3 -4" (do not use force)
      Note: Use extra caution when inserting if hemorrhoids are present
   3. Open clamp and allow ½ of solution to flow slowly under low pressure by holding
      bag at medium height (6-12 inches above rectum)
   4. If discomfort or cramping occurs:
      a. Pinch tubing to allow pressure to equilibize; if no releif then:
      b. Lower bag of solution slightly below level of matress to release air / gas pockets
      c. Encourage patient to relax, breathe deeply and let his breath out rapidly thru
         his open mouth
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d. Then continue flow when cramping subsides
e. When pressure is relieve as suggested above, the full enema can be given to completely fill the large bowel for cleansing
5. Close clamp and assist patient to turn to his back
6. Open clamp and allow all but approximately 100cc of solution to flow in slowly
7. Close clamp and assist patient to his right side
8. Open clamp and allow remaining solution to flow slowly
9. Close clamp when sufficient solution is retained (Encourage to retain solution for short period)
10. Remove tube gently
11. Assist patient on bedpan as this is the preferred position for evacuation of the enema solution
12. Elevate back rest (unless contraindicated)
13. Place toilet tissue and call light within reach
14. Note characteristics of returned solution since this enema should be given until results are clear (No stool and no colored water)
15. Wash and dry all equipment and then return enema container to patient's bedside table for later use

Documentation:
A. Chart on MS4 flowsheet, downtime form #6630-032
   1. Procedure, date and time
   2. Type and amount of solution
   3. Description of results; amount, color, consistency, abnormalities and flatus expelled
   4. Pertinent observations
   Note: If patient has not expelled solution after 20 -30 minutes, “Siphonage of Unexpelled” Enema, (P&P N 40-35) may need to take place

B. Chart on MS4 Intake & Output, downtime form #6630-015
   1. Under bowel movement
      a. Enema with results
      b. Enema without results