

Sucralfate enemas

Pharmacy

Information for patients and carers

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Caring for you

Introduction

A sucralfate enema is a treatment used to help heal inflammation in the lower part of the bowel, often caused by radiation therapy. This condition is known as radiation proctitis. The enema helps by promoting tissue healing in the affected area.

This information leaflet will explain how to use the enema using a syringe and catheter at home.

Prescription and equipment

You will get a prescription to take to the hospital's Pharmacy Department for the medicine and equipment that you will need. You will be given:

- sucralfate 2g in 20ml enema solution
- lubricating jelly
- foley catheter
- 50ml tipped syringes

The person prescribing your medicine will explain how to use the sucralfate enemas.

Preparation and administration

1. Prepare the enema

- Shake the sucralfate solution well.
- Use the 50ml tipped syringe provided to draw up 20mls of the sucralfate enema solution (2g).
- Remove any excess air from the syringe.

2. Attach and lubricate

- Attach the foley catheter to the syringe tip
- Apply lubricating jelly to the end of the catheter

3. Get into position

- Lie on your left side with both knees bent towards your chest. This helps the liquid flow into the rectum and helps to keep the liquid to stay in that area.
- Place a towel underneath you in case of leakage.

4. Administer the enema

- Gently insert the catheter about 10cm (4 inches) into the rectum.
- Slowly press the syringe plunger to release the liquid.
- Remove the catheter gently.

5. After administration

- Try to keep the enema in for at least 15 minutes.
- Stay lying down and gently roll from side to side to help the medicine coat the area.

6. Clean up

- Wash the equipment in warm water and store it safely for the next use

Storage

- store at room temperature (below 25°C)
- shake well before use
- for rectal use only
- keep out of reach of children

Further information

If you have any questions, please contact the Pharmacy Department on 01925 662025 or the consultant / specialist team.