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	Document Title:	SS ENEMA

### **PURPOSE:**

To stimulate peristalsis through irritation of colon and rectum by distention

### **OBJECTIVE:**

To be able to deliver nursing care management according to the quality standard procedure of performing SS Enema.

### **RESPONSIBLE PERSON:**

Registered Nurse, Registered Midwife / Attendant

### **GENERAL GUIDELINES:**

1. Enemas are usually done early in labor as a hygienic practice with the aim of lessening contact of mother's feces to newborn upon delivery.
2. This procedure should have written doctor's order.
3. Should only be done if patient's cervical dilatation is below 5cm and amniotic fluid is intact.

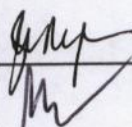
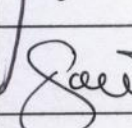
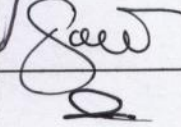
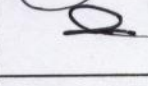
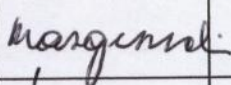
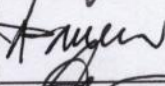
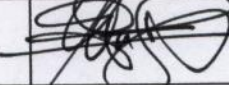


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Approved:	GENESIS GOLDI D. GOLINGAN President and CEO		12/15/2020



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### **EQUIPMENT NEEDED:**

1. Fluid container / enema container with attached rectal tube (french 22) and clamp
2. 970cc water
3. 30cc soap sud solution
4. Lubricating Jelly
5. Clean Gloves
6. Bed protector / rubber draw sheet
7. Clean Bedpan (stand by)
8. Toilet paper

### **PROCEDURE:**

1. Nurse on duty checks the doctor's order.
2. Delivery room staff (Nurse on duty or attendant) gathers the supply and equipment at bedside.
3. Delivery room staff attaches enema tubing with rectal tube then fills the container with water and soap sud solution then primes the tube to expel air then clamps the tube.
4. Delivery Room staff does hand washing before the procedure.
5. Delivery room correctly identifies the patient and explains the procedure.
6. Delivery Room staff provides privacy and maintains good lighting.
7. Delivery room staff places the bed protector or rubber draw sheet under the patient buttocks area.
8. Delivery room staff assists the patient to be on a left side lying position/sim's position with the right knee flexed.
9. Delivery room staff drapes the patient with a blanket exposing the rectal area only.
10. Delivery room staff puts on disposable clean gloves.
11. Delivery room staff instructs the patient to relax during the procedure.
12. Delivery room staff lubricates 3-4 inches of the tip of the rectal tube with lubricating jelly then gently inserts the rectal tube into the patient's rectum parting



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the external and internal sphincter while instructing the patient to do deep breathing and to relax.

13. Delivery room staff administers enema by raising the container to a maximum height of 18 inches above the anus and unclamps the tube allowing the solution to flow through patient's bowels. Staff should inform patient that urge to defecate is normal and that the solution should be consumed before going to the restroom.
14. After the solution is instilled, delivery room staff clamps the tube then slowly removes the tubing.
15. Delivery room staff should assist the patient to the restroom to defecate.
16. Delivery room staff does aftercare and discards used supplies in the proper waste container.
17. Universal precaution is observed and hand washing should be done before and after the procedure.
18. Document the procedure done.



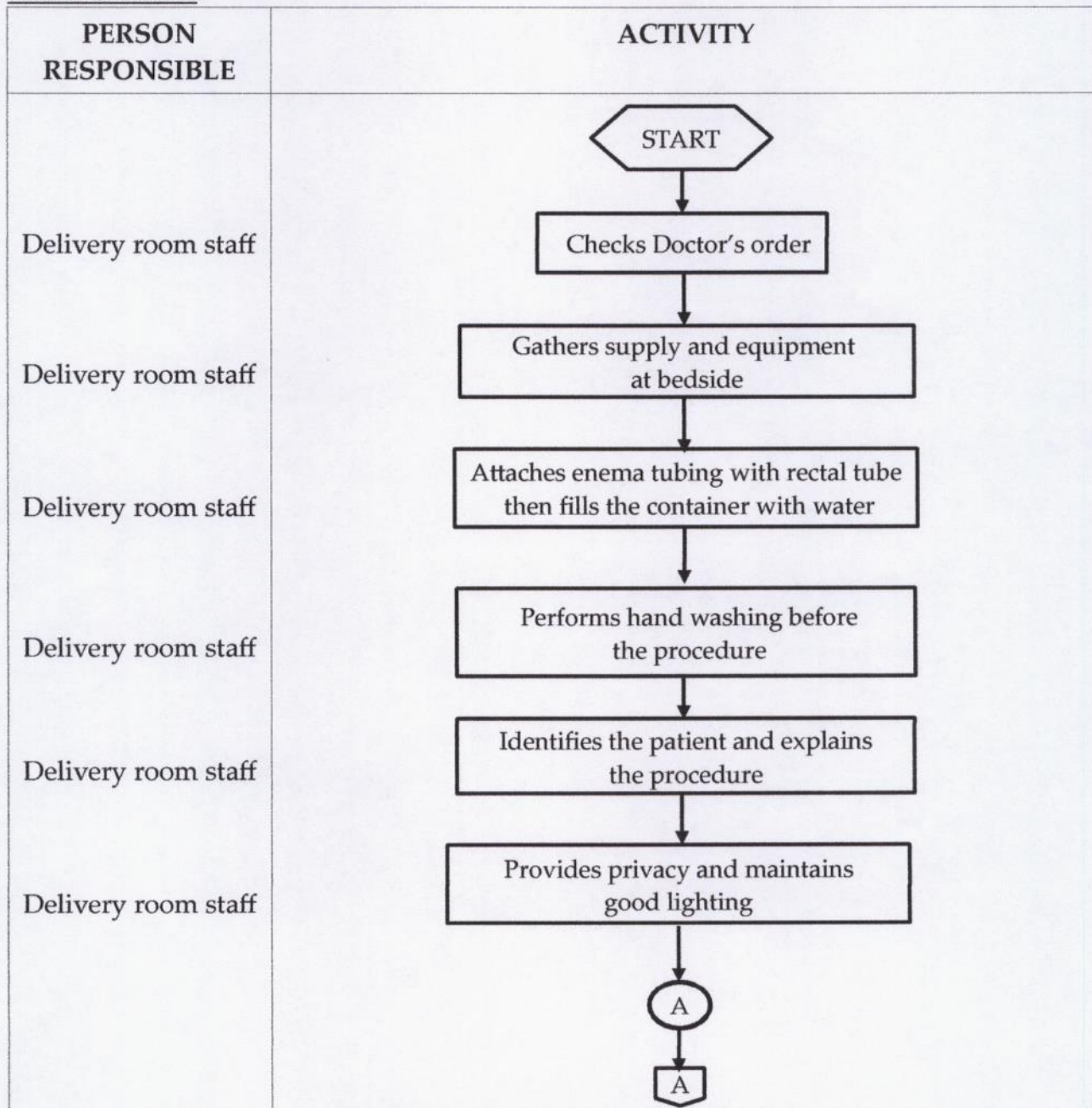


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### FLOWCHART:

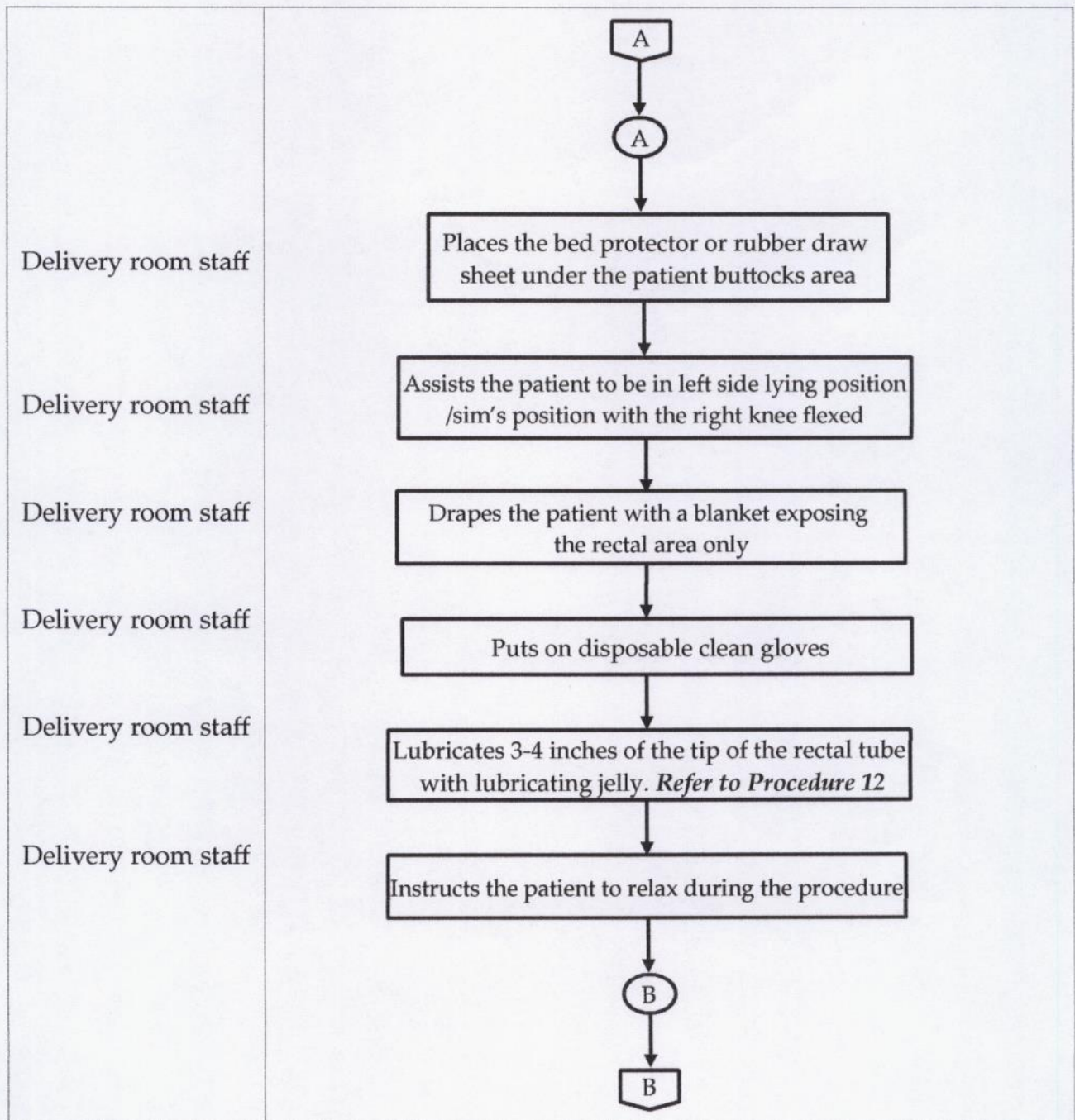




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