



Instructions for Rectal Irrigations

Supplies Needed:

Normal saline irrigation solution
60 ml irrigation syringe
Water-based lubricating jelly (Surgilube or K-Y brand)
Red rubber catheter (size 10 French or size used in the hospital)
Clean towel to cover the work area

The rectal irrigations are to be done ____ times per day with ____ ml of irrigating solution.

The catheter is to be inserted ____ centimeters (____ inches).

1. Wash your hands.
2. Gather all supplies and place on a clean towel.
3. Warm the normal saline irrigation solution by placing in warm (not hot) water.
Do not warm the solution in a microwave oven!
4. Lubricate the end of the catheter with the lubricating jelly.
5. Using the syringe, push a small amount of normal saline through the catheter.
6. Place the baby on the left side or the belly.
7. Slowly and gently put the catheter into the rectum and insert until the desired distance is reached.
(__ centimeters/ __ inches).
 - If resistance is met, reposition the baby and try to advance the catheter
 - Never force the catheter!
8. Once at the desired distance, slowly, over 3 minutes, push the normal saline into the catheter.
9. Disconnect the syringe from the catheter, leaving the catheter in place.
10. Gently massage the baby's belly to let the stool, air, and saline drain out of the catheter.
11. Take the catheter out.
12. Clean the catheter. Cleaning instructions are on the back of this paper.
13. Wash your hands.

Notify your baby's doctor immediately if bleeding from the rectum is seen or if the baby's belly is hard and distended.



Directions for Cleaning the Catheter:

1. Wash the catheter and syringe with warm soapy water using any dish detergent.
2. Rinse the catheter and the syringe well with clear water. Use the syringe to push water through the catheter.
3. Separate the syringe barrel and plunger.
4. Let the catheter and syringe air dry on a clean towel.
 - The same catheter may be used until the “feel” or texture of the catheter changes, becomes hardened, or breaks.

Directions for Making Normal Saline Solution – should be made every day

1. Boil 8 ounces (1 cup) of water.
2. While water is still warm, add ½ teaspoon of table salt.
3. Cool the normal saline solution before using.
4. Store the normal saline solution in a sterile bottle. A bottle may be sterilized by placing it in a pan of water that has been brought to a rolling boil. Leave for 10 minutes.

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