

Enema





I am getting an enema

An enema is a special medicine that helps get rid of any extra poop that may be in my body .

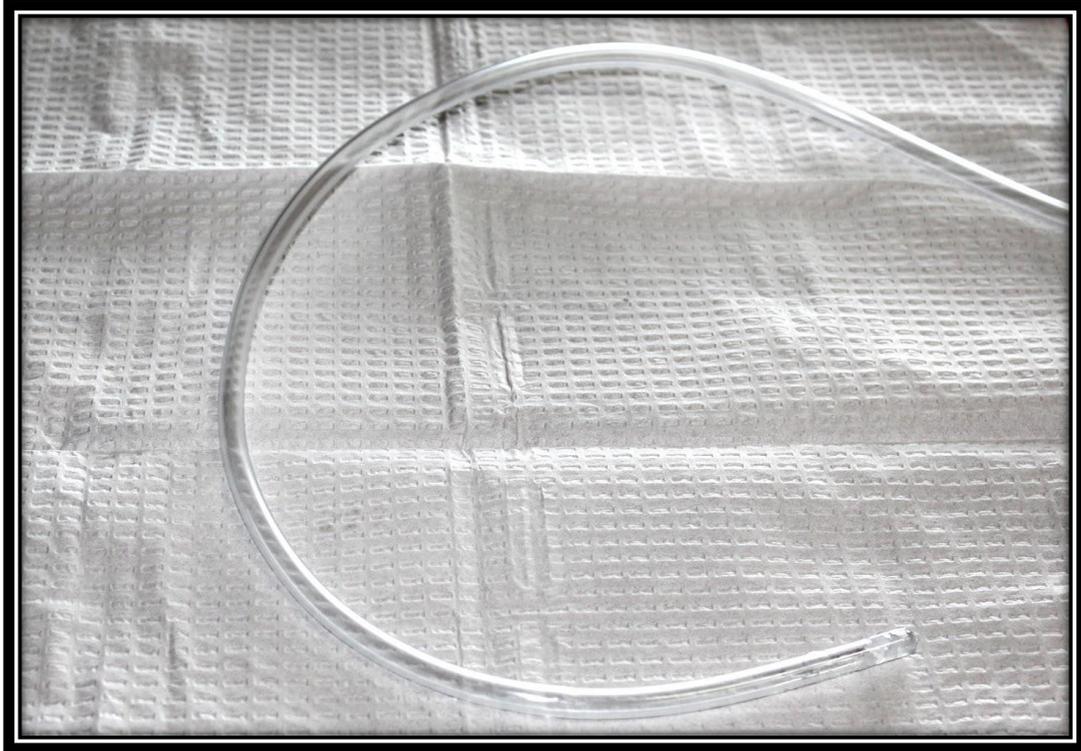
When my body has too much poop in it, my stomach may start to hurt and my body may feel sick.



For my enema I will lay on my side with my knees to my chest.

My big job is to stay in this position until my nurse is done.

If I have a hard time staying still by myself someone can help hold my body to remind me to stay still.



OR



The nurse will use a bendy tube or the small top of a bottle to give me my medicine.

The tube or top will go into the opening of my bottom where my poop comes out.

I may feel pressure in my bottom, but that is ok.
I can take deep breathes to stay calm and relaxed.



The nurse will then start putting the medicine into my bottom.

I may feel like I need to go to the bathroom.

My job is to hold the medicine in my bottom for as long as I can.



While I am waiting to go to the bathroom I can play, watch TV, or rest.



When I can no longer hold the medicine in my bottom, I can go to the bathroom.

All done



I am all done.

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)