

Instilling a Commercially Prepared Disposable Enema

Skill	Performed Correctly	N/A
The Qualified Medication Aide (QME) may only instill a commercially prepared enema which contains approximately 120 ml (4 oz.) of fluid		
Hand hygiene, explain procedure to patient, and shut resident door and pull curtain to maintain privacy.		
Assist the resident to put on a facility gown to minimize the effects of soiling personal clothing if necessary. Place the resident in a left lateral position .		
Put on gloves.		
Place linen saver pads under the resident's buttocks. Have the bedpan or commode nearby per resident preference.		
Remove the cap from the commercially prepared enema, insert the pre-lubricated tip of the enema into the resident's rectum pointed toward the navel, and squeeze the bottle to instill the solution at a slow steady rate until all is instilled.		
Instruct the resident to hold the solution for as long as possible for the best results.		
Remove the enema tip; replace the used enema unit in its original container and discard.		
Warn the resident about potential adverse reaction of abdominal cramping.		
Instruct resident to notify QMA when he/she must defecate to allow the QMA to assess the results.		
Cover resident, ensure personal items and call light are within reach, and lower bed if necessary. Hand hygiene, ask resident if anything else is needed before leaving room.		

Learner Signature: _____

Date: _____

Observer Signature: _____

Date: _____

Topics for Discussion

- If the resident has not had any effect from the enema within an hour, the QMA must notify the nurse.
- When documenting the administration of the enema and effect of the procedure in the resident's clinical record, include color, consistency, and amount of results.