



Information for  
patients and  
carers

Radiotherapy to the prostate or  
prostate bed  
How to use micro enemas

Your consultant has requested that you use **micro-enemas** as part of your prostate cancer radiotherapy plan. Before your course of radiotherapy can begin, we need to plan your treatment carefully and allow us to produce an individual treatment plan that is unique to you. Following this information helps us to produce this plan as the micro-enema helps to make sure that your rectum (back passage) is empty and is therefore as far away from the treatment areas as possible.

It is a very gentle treatment that simply helps you to pass wind or faeces that are about to be expelled. It is not intended to cause you to have diarrhea or to “empty out” your bowel. If you have already opened your bowels on the day of the CT planning scan, the use of a micro enema is still necessary to ensure that the rectum is empty.

Depending on your individual treatment plan you will either be treated with an empty bladder or a ‘comfortably full’ bladder for your planning CT scan and treatment. This will be discussed at an appointment with your clinician prior to your planning CT scan and recorded in your radiotherapy notes.

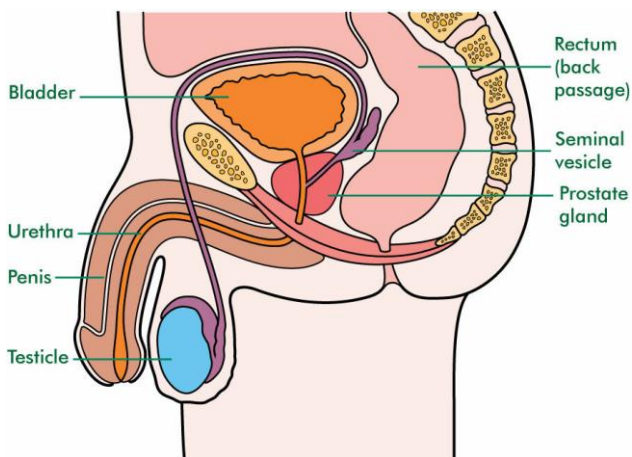


Diagram 1: The prostate, <https://www.macmillan.org.uk/cancer-information-and-support/prostate-cancer/the-prostate>

## When do I use the Micro-enema?

You need to ensure that you use a micro-enema at home the **day before your CT scan** planning appointment, at a time that suits you. You will also need to do a micro-enema one hour prior to your CT scan planning appointment using the toilets located in the radiotherapy department. This is also the case for the **first 5 radiotherapy treatments**. From the 6<sup>th</sup> treatment you no longer need to use any micro-enemas unless you have been advised otherwise by a member of the radiotherapy team.

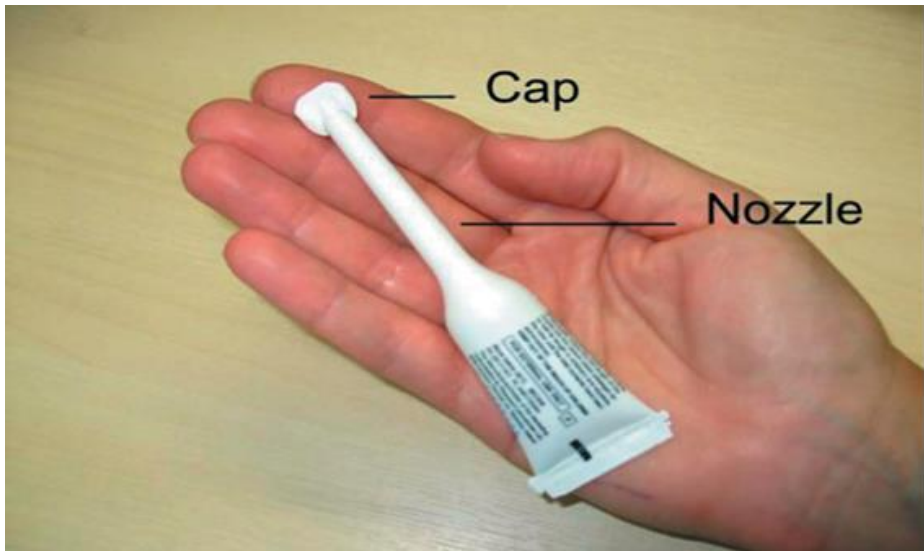
You will need to bring a tube of micro-enema with you when you attend for the CT planning scan and for every treatment even if you have stopped using them after treatment number 5. This is so you can use one if your radiographer asks you to. If you are in doubt about anything or have any questions or problems, please let us know as soon as possible.

## Where do I get the Micro-enemas from?

You may have been given a prescription for these by your consultant or your specialist nurse or you may have been sent a letter to take to your surgery to ask your GP to prescribe these.

## How do I use the Micro-enema?

The Micro-enema is contained in a small tube with a nozzle (see picture below). The medication (5mls) is inserted into your rectum via the nozzle. You will need to do this for yourself following the instructions.



## The preparation process:

### Remember:

You will need to arrive in the radiotherapy department **one hour before** your appointment time. Please use the micro-enema when you arrive in the department, there is no need to wait for instruction.

1. Take an enema tube from the packet and go into the toilet.
2. Pull or twist the cap off the end of the nozzle.
3. Squeeze a drop of liquid onto your finger and smear over the nozzle.
4. Insert the full length of the nozzle into your back passage.

5. Gently squeeze the tube until it is empty.
6. KEEP SQUEEZING the tube as you pull the nozzle out of your back passage. (This is to stop the medicine being drawn back into the tube).
7. Throw the empty tube into the bin, then wash and dry your hands.
8. Return to the waiting area and wait for the enema to take effect. (This is usually within 15 minutes but may take up to 30minutes). Most patients only need to visit the toilet once, however please empty your bowels as often as you feel the need to.
9. If after 30 minutes you have not had the urge to have a bowel movement, please go to the toilet and try to do so. Please do not strain and do not worry if you cannot empty your bowels or if only wind is passed – it may be that your back passage is already empty.
10. Empty your bladder at the same time and then return to the waiting area.
11. If you have been instructed to have a comfortably full bladder, then 20 minutes before your appointment you should drink 300mls of water (2 cups from the water fountain). Please drink this as quickly as you can rather than sip it. If it is your first day or you are uncertain where to find the water fountains, please speak to a staff member who will advise you on what to do.

## Side Effects:

Although micro-enemas don't usually cause side effects, occasionally they may cause a feeling of cramp.

Prolonged use of micro-enemas may cause:

- Irritation of the rectum (back passage).
- Anal discomfort.
- Abdominal pain.
- Allergic reactions (e.g. hives).
- Diarrhea.

## Frequently Asked Questions?

### **‘Is there anything else I should do to prepare for my treatment?’**

- Try to ensure you are well hydrated for at least 48 hours prior to your CT scan and throughout your radiotherapy (drinking around 2 litres of water-based fluid a day).
- Try to maintain a healthy balanced diet to ensure your bowel motions are regular.

### **‘Can I do my micro-enema at home?’**

We like to request that patients administer their micro-enema within the department as it is in preparation for the **CT scan and treatments 1-5**, in case you encounter any problems or delays. Delays to treatment times will be communicated through boards around the department. If you happen to be running late, do not worry. Please administer your micro-enema as soon as you arrive in the department and speak to a member of staff who can work out what time to deliver your treatment.

### **‘Do I need to fast before coming to the scan or for my radiotherapy?’**

We would strongly encourage you to eat as normal before your appointments, missing meals does not result in an empty rectum.

## Contact details

Rosemere Cancer Centre, Royal Preston Hospital,  
Sharoe Green Lane Preston PR2 9HT

Radiotherapy Reception / Transport queries (01772) 522900

Radiotherapy Appointment queries (01772) 522931

## Questions about cancer?

We're here to help, the Macmillan Cancer Information & Support Service at Lancashire Teaching Hospitals is open to anyone affected by cancer and is situated at both Chorley Hospital & Royal Preston Hospital.

Contact us on 01772 523709 or [cancerinfocentre@lthtr.nhs.uk](mailto:cancerinfocentre@lthtr.nhs.uk)

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

**Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.**

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.



Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપાકૃતિને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھپیا جس یبھ ابی دست ہو یسکت ہے برا ے مہر یان پو ے یچھہ ہی۔ معلومات

**Arabic:**

مطبوعه بأ حروف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب الأخرى يمكن أن توفر هذه المعلومات

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