



Information for
patients and
carers

Pelvic Radiotherapy and Micro Enemas

Your Consultant has requested that you use a micro (very small) enema the day before your planning appointment and the day of the planning appointment. Then restart them for 3 days prior to starting radiotherapy treatment.

You will then be told by your radiographer how long to continue with these during your radiotherapy treatment. You have been sent a letter to take to your surgery to ask your GP to prescribe these.

You will need to bring a tube of micro enema with you when you attend for scan and treatment. If you are in doubt about anything or have any questions or problems, please let us know as soon as possible. Before your course of radiotherapy can begin, we need to plan your treatment carefully to allow us to produce an individual treatment plan for you. This makes sure that all the area needing treatment is included and that other organs are avoided as much as possible.

For treatment we want you to have an empty rectum (back passage) and a comfortably full bladder to achieve this.

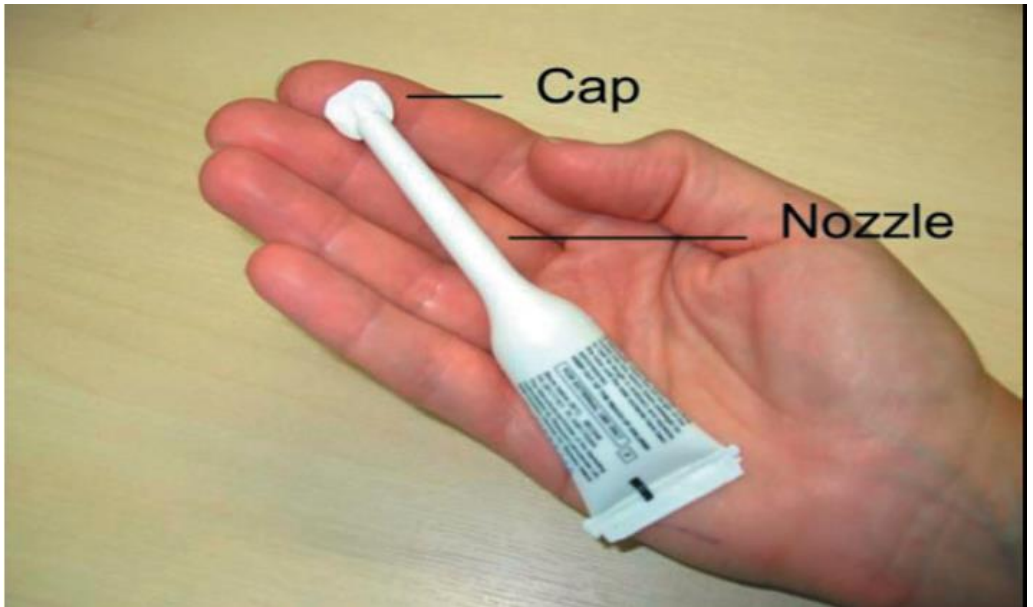
Bowel preparation - use of a micro enema

The method to prepare the rectum involves the use of a micro enema that causes your rectum to empty with a small bowel movement or passing of wind. If you have already opened your bowels on the day of the scan, the use of a micro enema is still necessary to ensure that the rectum is empty.

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

What to do before the planning CT scan-

- 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 fluid per day)
- Try to maintain a healthy balanced diet to ensure your bowel motions are regular
- Use a micro enema the day before your scan, and bring one with you to use prior to your scan.



The preparation process:

Please be aware that you will need to arrive in the radiotherapy department an hour before your designated appointment time. Please use the microenema 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 have its 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 don't 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 to be called for further instructions prior to your scan or treatment.

Contact details

Should you require further advice or information please contact:

Radiotherapy Reception/Transport queries (01772) 522900

Radiotherapy Appointment queries (01772) 522931

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.macmillan.org.uk

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

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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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 કૃપા કરીને 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 یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

Arabic:

مطبو عة بأ حر ف كبير ة و بلغات إذا كنت تر يد مسا عة في فهم هذه لمعلومات يُر جى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

Department: Radiotherapy

Division: Surgery

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