

Urodynamic (UDS) Enema Preparation- Fleets Enema

The **Fleets Enema** cleans the feces (poop) from the rectum. This is part of getting ready for the urodynamic study. During the study, a catheter needs to be placed in the rectum. If feces are not removed, it blocks the catheter from going into the rectum. As a result, the study results will not be as good so it is important to follow the directions below.

Step 1. Plan ahead. Before the UDS, go to the drug store to buy a **Fleets enema**.

If under the age of 2 use this kind:



If 2 years and older use this kind:



Bring this sheet with you and ask for help if needed. You do not need a prescription.

Step 2. Know when and where to give:

The **Fleets Enema** goes in the rectum.

Give this to your child in the evening on:

Two (2) nights before UDS on _____

One (1) night before UDS on _____

Step 3. Know how to give:

- Place your baby or child on their left side.
- Put the end of the enema in lubrication or K-Y Jelly that comes with the enema. so it goes into the rectum easier.
- Push the fluid from the enema into the rectum. Try to keep your child lying on their left side for at least 3-5 minutes.



They will need to go to toilet soon

Remember to give the enema on both nights before the UDS.

If you have any questions, please call the Urology Clinic Nurse at (323) 361-7559.