Urodynamic (UDS) Enema Preparation - *Normal Saline* Enema

The *Normal Saline* 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) Normal Saline, b) an Enema Bulb Syringe, c) a small tube of lubricating jelly like K-Y Brand® and 4) a glycerin suppository.

**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 *Normal Saline* 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 bulb syringe in K-Y Jelly so it goes into the rectum easier.
- Use an enema bulb syringe to give ___________cc’s of normal saline.
- Instill the fluid slowly and gently. Try to keep your child lying on their left side for at least 5 minutes.
- Then after 5 minutes, give the Glycerin Suppository.
  Try to keep your child lying on their left side for 5 more minutes.
  They will need to go to toilet soon.

Remember to give the enema and glycerin suppository **on both nights before the UDS**.

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