

Carafate (Sucralfate) Enemas

A **Sucralfate enema** (brand name Carafate) is a medication inserted into the rectum that coats damaged tissues and protects them from acids and enzymes so they can heal. It is often used to treat **solitary rectal ulcers (SRU)**, which is a condition when ulcers form in the rectum. It also helps heal stomach and intestinal ulcers.

An **enema** is a medication injected into the rectum.

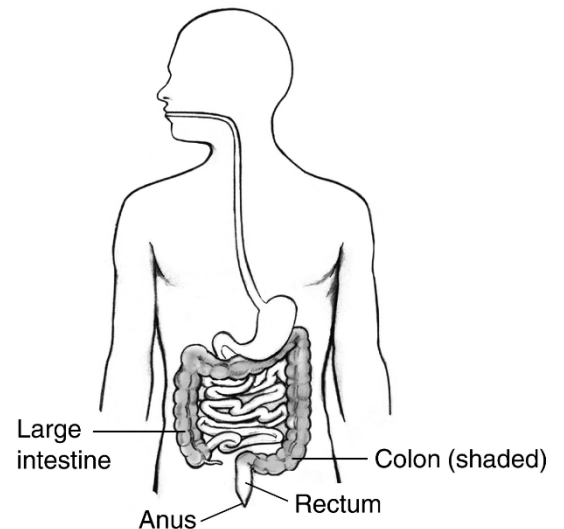
The **rectum** is a muscle that is connected to the end of your colon.

Sucralfate also treats **radiation proctitis**, which is when your colon is damaged or inflamed from radiation therapy.

How much do I take?

You will need a prescription from your doctor.

- Mix 2 grams Carafate with 10 mL tap water.
- Take it twice a day for up to 24 weeks (about 6 months).
- You can do the enema either with an Enema kit or with a Toomey syringe.
- Do the enemas twice daily: once in the morning and once at bedtime.



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Supplies:

- Enema kit or a Toomey syringe
- Surgilube (If you are using an enema kit it already has surgilube) or another type of lubricant
- Carafate 2 grams
- Warm tap water

Instructions when using an enema kit:

1. Wash hands
2. Mix Carafate in 10mL of warm, not hot water
3. Fill enema bag
4. Hang the bag above waist level
5. Apply lubricant to the tip
6. While sitting on a commode insert the enema tip about 1 ½ inches into the rectum
7. Using the roller clamp, open the chamber to allow the mixture into the rectum
8. Once the mixture in the bag has been emptied into the rectum, close the roller clamp
9. Squeeze sphincter closed and hold the medication in the rectum for at least 5 minutes (hold as long as possible for best results)
10. Release any leftover medication from the body Repeat as needed
11. Wash hands

Instructions when using a Toomey syringe:

1. Wash hands
2. Dissolve Carafate in 10mL of warm not hot water
3. Draw up the mixture with the Toomey syringe
4. Remember to leave a little extra air in the barrel of the syringe in order to force out the fluid in the tube.
5. Apply lubricant to the tip
6. Insert the syringe into rectum
7. Push syringe to fill rectum with mixture
8. Squeeze sphincter closed and hold the medication in the rectum for at least 5 five minutes (hold as long as possible for best results)
9. Release any leftover medication from the body
10. Repeat as needed
11. Wash hands

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