

## Cone Enema

When you use an enema, you inject a liquid into your rectum and colon through the anus. Enemas are used to relieve constipation that occurs when a person has infrequent bowel movements or difficulty emptying the bowels fully. An enema has the advantage over any laxative in its speed and certainty of action. An enema can help you empty your rectal vault of stool and relieve symptoms of fullness. It can also ensure that you will not lose any stool or to stimulate the movement of your bowels. The best time to do an enema is right before your normal bowel movement or right after having a bowel movement depending on why you are using the enema.

**Rectum**- the final straight portion of the large intestine.

**Anus**- an opening at the opposite end of the [digestive tract](#) from the mouth.

A cone enema is a special type of enema bag with a tip shaped like a cone. The cone acts like a plug in order to assist with holding in the fluid. This is very helpful to patients who have a weak or lax sphincter muscle, or have little control over their sphincter muscle.

### How to Perform a Cone Enema:

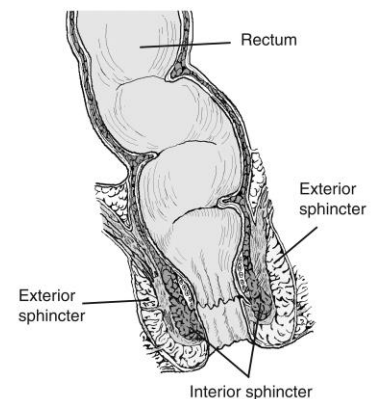
#### Supplies:

1. Cone Enema
2. Surgilube® or water based lubricant like K-YJelly®
3. Warm tap water

#### Instructions:

1. Wash hands.
2. Use warm tap water and fill cone enema bag.
3. Hang the bag above waist level.
4. Lubricate tip with lubricant.
5. Sit on a toilet and hold up to anus, insert about 1 ½ inches into rectum.

The anal sphincter muscle controls the opening of the rectum and enables the release of stool out of the body.



6. Use roller clamp to open chamber to allow 500-1000 mL water flow into rectum or as much fluid as your rectum can handle.
7. Hold cone portion to keep tubing into rectum, this will act like a plug so fluid will not leak out.
8. Once most of the water in the bag has been emptied into the rectum, close the roller clamp.
9. Allow at least five minutes of holding time in rectal vault. Hold as long as possible for best results.
10. Remove the cone and tubing.
11. Allow the stool to leave the body into the commode.
12. Repeat as needed.
13. Wash hands.
14. Use warm soapy water to clean enema kit and hang to drip dry for re-use. When dry store in plastic bag.
15. Do not be discouraged if this does not have optimal results immediately, your bowels need time to be re-trained to evacuate a larger mass of stool or to initiate a bowel movement



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