

## **SUCRALFATE SUSPENSION ENEMAS**

### **What is sucralfate and how does it work?**

Sucralfate enemas are used to treat inflammation of the rectum (the lower part of the large intestine leading to the anus); most commonly this is for radiation proctitis; bowel inflammation following radiotherapy. Sucralfate forms a protective layer over the bowel walls and protects the fragile blood vessels from breaking. Sucralfate enemas may also increase the rate of healing of these fragile blood vessels. Normally used twice daily (Morning and Evening). Frequency of use can be reduced to once daily as symptoms improve.

### **Items needed** (Prescribed on Lloyds Out-patient prescription)

- Sucralfate 1g/5ml suspension
- 2 x 60ml catheter-tip syringe (Product ref CT60). Can be washed and reused
- 2 x Foley urethral catheter Size 16 (Product ref A310116). Can be washed and reused
- 1 x 42g sterile lubricating jelly tube (Optilube)

### **Preparing/administering sucralfate enema:**

- 1.** Using the 60ml syringe provided, draw up 10ml of sucralfate suspension (2g) and then 20 to 40ml of warm water and mix. Expel any excess air from the syringe.
- 2.** Attach the catheter provided to the syringe tip and lubricate the end of the catheter with the lubricating jelly provided.
- 3.** Lie on your left side and bend both knees towards your chest (this position will help the flow of liquid into the rectum and aid retention). Position a towel underneath yourself to catch any fluid leakage after administration.
- 4.** Gently insert the catheter into the rectum, ensuring a depth of a few of inches (approximately 10cm).
- 5.** Using steady pressure, press down the barrel of the syringe slowly until the entire content of the syringe is administered. Withdraw the catheter slowly.
- 6.** Try to retain the enema in the rectum for as long as possible. Remain lying and gently roll over several times to ensure maximum coverage of the affected area of bowel.
- 8.** Once finished, wash equipment in warm water, allow to dry and store safely.