



## What is a Rectal Washout?

A Rectal Washout is where the lower bowel is emptied and cleaned with the use of a catheter and saline solution.

It is necessary for your baby to have a rectal washout because, at present, your baby is unable to empty their bowel adequately without help.

If your baby is upset when preparing for a rectal washout soft music, your voice or a soother may help to settle them. Do the washout when your baby is most relaxed, usually after a feed.

However, if your baby is very distressed or appears to be in pain, stop the washouts and contact your Colorectal CNS or relevant Surgical Team.

Before starting, gather the equipment needed and ensure the room is warm and baby is comfortable.

## Equipment

- Non sterile gloves
- Incontinence sheet
- Sterile 0.9% NaCl (place unopened container of saline into a bowl of warm water)
- Sterile Vygon Vesical Catheter size \_\_\_fr  
Catheter tip 60ml syringe
- KY jelly
- Bowl
- Soap and water/ baby wipes to clean

## What to do

- Wash hands
- Fill syringe with saline (amounts depends of weight of your child, this will be decided before discharge home)
- Attach catheter to syringe
- Push saline through to end of catheter
- Lubricate end of catheter with KY Jelly
- Remove baby's nappy and clean bum
- Wash hands and put on gloves
- Insert catheter into anus about 3-5cms
- If no resistance is felt, insert in further as directed by the CNSp

### ***Do not advance the tube, if resistance is felt***

- Slowly instil the saline (10- 20mls at a time, over 5-10 seconds)
- Keep the catheter in place and remove the syringe and place the end of the catheter in the bowl after every 10-20mls
- Wait for the water to return along with stool
- Massage left side of belly, move catheter in and out to ensure fluid returns out
- When finished the washout remove catheter, clean bum and apply cream if required. Catheters are one use only. Syringe can be washed in hot soapy water and changed weekly.
- Discard equipment in household waste and empty contents of bowl into the toilet.
- Wash hands



## Washout Routine

Frequency of w/out: \_\_\_\_\_/day

Amount of saline per w/out: \_\_\_\_\_mls

Size catheter: \_\_\_\_fr

