Tips

- You maybe instructed to insert an empty catheter first before inserting the saline, this is to release any trapped wind.
- Move the catheter around to ensure it doesn't get blocked.
- If there is no return of fluid or stool, then the catheter maybe blocked. Remove and unblock it by pushing saline through the tube. Continue with washout.
- Massage the abdomen during the washout to encourage emptying.
- Take your time doing the washout.
- Contact the Colorectal / Stoma CNS if you are experiencing difficulties with the washouts.

Prod	uct (Code
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Catheter: _	fr, #_	
Svrinae:		

Please contact the child's parents, if you are worried about the child in your care at any stage.

For more information on Rectal Wash, please contact Colorectal / Stoma Department in Children's Health Ireland at Crumlin, Dublin.

Contact Details:

Bleep 752 and extension 6752

Remember:

Ask your nurse if you are unsure about anything about your child's care.

Additional instructions		

Developed by Ann Costigan, Stephanie Orr & Mary Kearney

Colorectal/Stoma CNSp

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Information for Parents and Guardians

Rectal Washouts



Children's Health Ireland at Crumlin

Phone: 01 409 6100

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	

