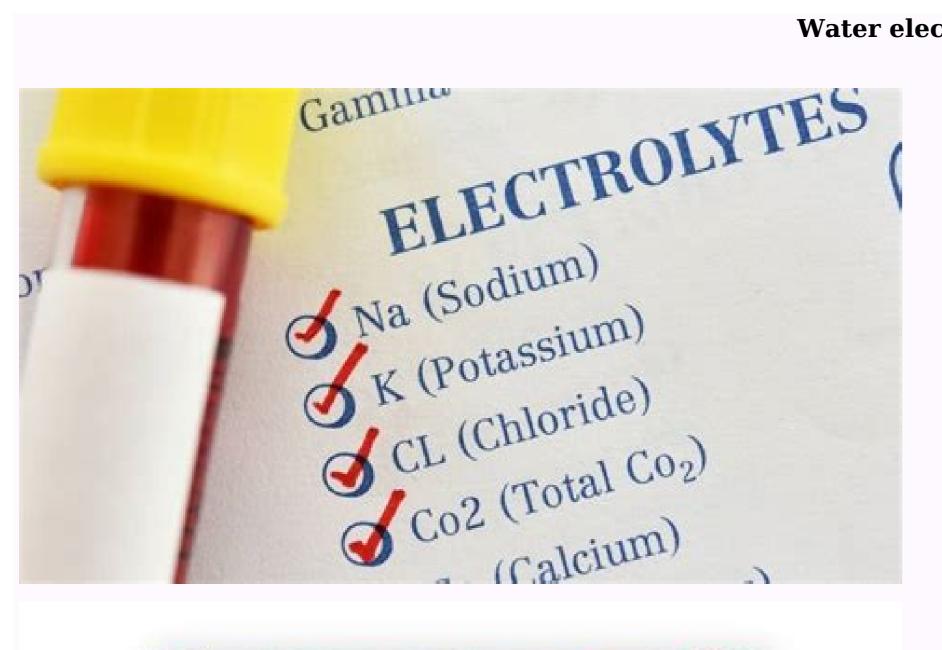
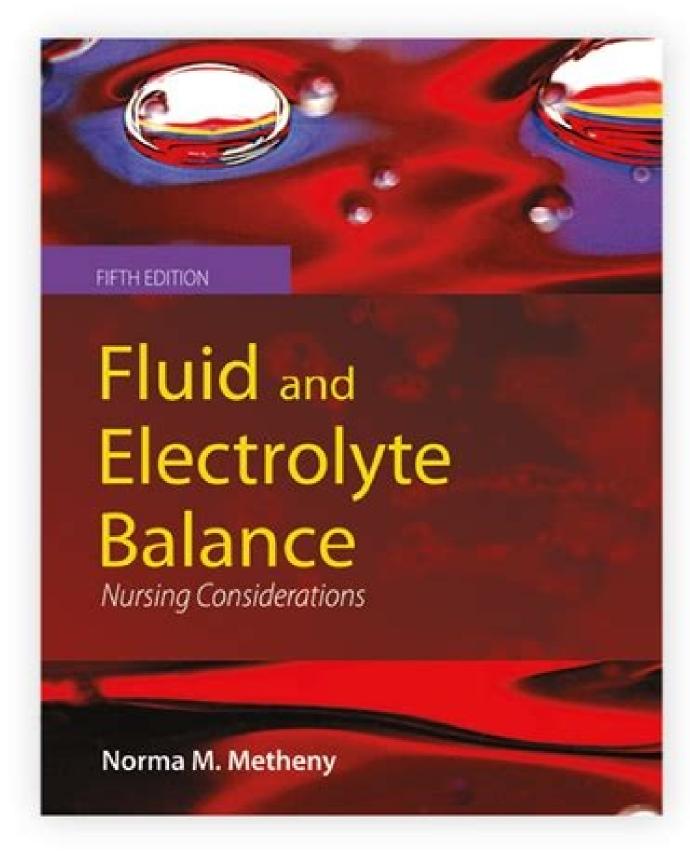
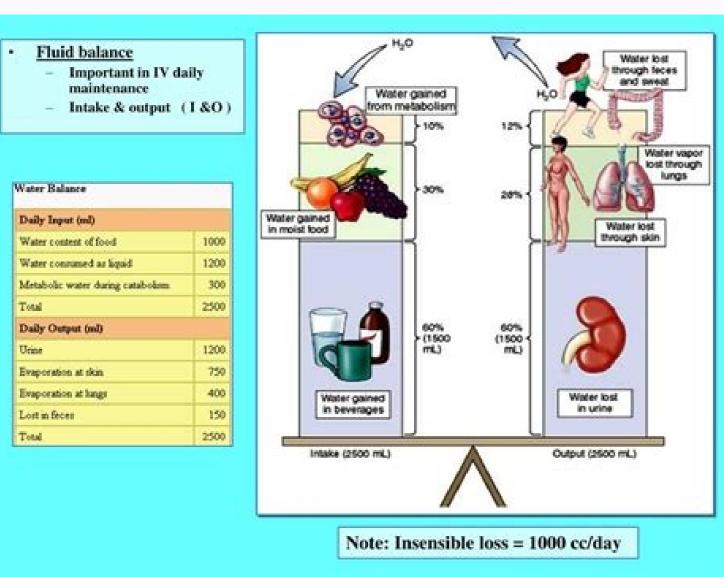
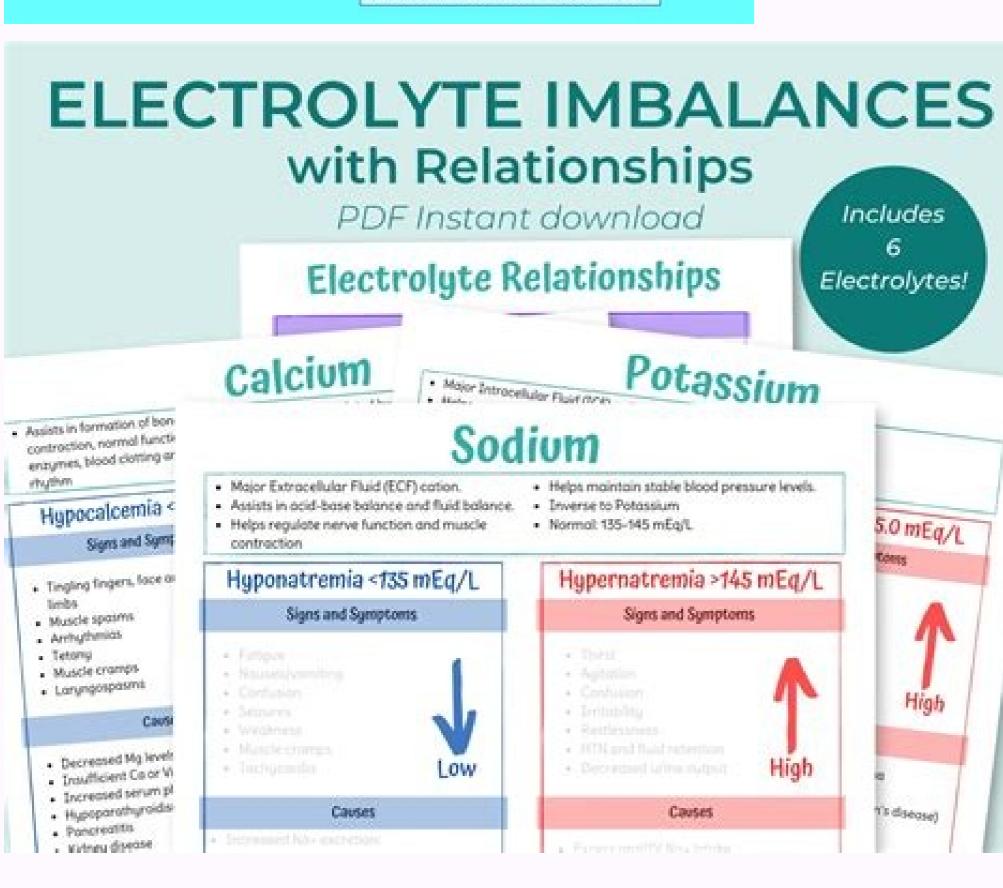
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HYPOPHOSPHATEMIA (<2.5MG/L)

MANAGEMENT

- Treat underlying cause
- Oral replacement with vit. D
- IV phosphorus (Severe)
- Serum phosphate level should be closely monitored
- Diet therapy
 - Foods high in oral phosphate

They can help you determine whether there's a problem that's causing your constipated, your doctor might be a good option. [24] If you're frequently constipated, your doctor might also recommend certain lifestyle changes, like drinking more water or eating more fiber or fermented foods. Mineral oil and phosphate are both used as laxatives, so they can increase the effectiveness of your enema. Afterward, you may want to shower or use a wet wipe to clean any remaining lubricant from around your bottom. [20] You may have a bowel movement at this time, but it's okay if you don't. The risks posed by introducing these substances into your colon far outweigh any potential benefits.[4] Once you've made the saline, fill the enema bag with 6 fluid ounces (470 ml) for children 2-6 years old, 12 fluid ounces (470 ml) for children 6-12 years old, and 16 fluid ounces (470 ml) for children 6-12 years old, and 18 fluid ounces (470 ml) for children 6-12 years old, and 18 fluid ounces (470 ml) for children 6-12 years old, and 18 fluid ounces (470 ml) for children 6-12 years old, and 18 fluid ounces (470 ml) for children 6-12 years old, and 18 fluid ounces (470 ml) fluid ounces (470 ml) for children 6-12 years old, and 18 fluid ounces (470 ml) fluid ounces (470 m 3, 2021 Views: 3,513,945 Categories: Laxatives Medical Disclaimer The content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. For a mineral oil enema, the dose will be 2 fluid ounces (59 ml) for children ages 2-6 and 4.5 fluid ounces (130 ml) for anyone older than 6. Even if you see them recommended online or by your family and friends, do not put fruit juices, herbs, vinegar, coffee, or alcohol into your seema. Giving yourself an enema carries the risk of perforating the side of your bowel wall. 5 Place folded towels on the bathroom floor. This article has been viewed 3,513,945 times. If they do recommend an enema, they can tell you how often you should perform an enema before you come in for a procedure like a colonoscopy. Since you may have to get to the toilet very quickly, it's best to perform an enema in your bathroom. If you're making a homemade enema solution, you'll also need to purchase an enema bag and tube. Unless your doctor tells you otherwise, it's safest to use a simple saline solution when you're performing an enema. After an hour, though, you should be free to resume your normal activities. [21] You may experience stomach cramps for a short while after having the enema. You may also want to have a book or magazine nearby so you'll have something to read while you're supposed to wait. The nozzle tip should be rounded to make it easier to insert. Warning: Small children and older adults should not be given phosphate enemas, because they can lead to a dangerous electrolyte imbalance.[6] 4 Drink 1-2 glasses of water 30 minutes before the enema. Enemas can sometimes cause you to become dehydrated, since they'll stimulate your bowels to evacuate. If you're using a phosphate enema, the dose will be 1 fluid ounce (30 ml) for children who weigh 20 pounds (9.1 kg) or more, 2 fluid ounces (59 ml) for children who weighs 60 pounds (18 kg), 3 fluid ounces (120 ml) for anyone 80 pounds (36 kg) lb, and 4.5 fluid ounces (130 ml) if the person weighs 90 pounds (41 kg) or more. 3 Place or hang the enema bag 1-2 ft (0.30-0.61 m) higher than your rectum. Advertisement 3 Purchase a kit if your doctor recommends a mineral oil or phosphate enema. 2 Mix up your own solution if you're using a saline enema fluid. Advertisement 1 See your doctor if you haven't passed a bowel movement in 3 days. An enema actually shouldn't feel any pain. You're supposed to hold in the medicine for a few minutes first. Some people like to lie on their sides, while other people prefer to squat near the toilet. He is a Fellow of both the American Society of Gastrointestinal Endoscopy (ASGE) and the North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHAN). That can be a very dangerous condition, so call for emergency medical assistance right away if you have any bleeding from your rectum or if you have severe pains or cramps in your stomach or lower back.[26] You might also experience fever, chills, nausea, or vomiting.[27] Advertisement Add New Question How long does enema pain last? Then, very gently, push the tip of the nozzle into your bottom. Muhammad Khan, MD, MPH Board Certified Gastroenterologist Dr. Muhammad Khan is a Gastroenterologist, with over 10 years of experience. 1 Talk to your doctor before you perform your own enema. You can help prevent that by drinking 8-16 fluid ounces (240-470 ml) of water a half-hour before you plan to have the enema. [7] You should also drink plenty of fluids after your enema to replenish your fluid levels. It will probably take about 5-10 minutes for the entire enema solution to empty into your rectum. Print Send fan mail to authors for creating a page that has been read 3,513,945 times. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. Ask a Question Advertisement Thanks! Thanks! Advertisement Co-authored by: Board Certified Gastroenterologist This article was co-authored by Muhammad Khan, MD, MPH and by wikiHow staff writer, Amy Bobinger. 5 Try to hold in the enema for up to 15 minutes. Do not give an enema to children under the age of 2 unless directed to do so by your doctor. If you need help relaxing, take several slow, deep breaths, and focus on how much better you'll feel after your constipation is relieved.[14] This may feel a little uncomfortable, but it should not be painful. Once the bag is empty, carefully and slowly slide the nozzle out of your rectum.[17] It may help if you have something to distract yourself during this time, like a book, some music, or a game on your phone. Mineral oil can be less irritating than a phosphate enema, although you should talk to your doctor before you use either.[5] Typically, store-bought enemas come in children's and adult's sizes. After 15 minutes, or when you can't hold it in any longer, carefully get up and move to the toilet. While you're waiting, relax as much as possible, and try not to move. Once you remove the nozzle, lie still and try to hold back the urge to eliminate your bowels. [18] It's best to hold in the enema for about 15 minutes, but even waiting 5-10 minutes may be enough to help stimulate your bowels. [19] 6 Evacuate the enema on the toilet. Dr. Khan completed his residency training at Eastern Virginia Medical School, where he was inducted into the prestigious Alpha honor society. They may advise you to try other methods of relieving your constipation first, like taking a fiber supplement or an over-the-counter laxative, if you haven't already. While it's normal to feel a little lightheaded or have some stomach cramping after an enema, more severe side effects could be an indication of an internal injury. "This article helped me administer an enema on my boyfriend. Muhammad Khan, MD, MPH Board Certified Gastroenterologist Dr. Muhammad Khan is a Gastroenterologist, with over 10 years of experience. 4 Allow the bag to empty, then remove the nozzle. Dr. Khan specializes in Pediatric Gastroenterology, and Nutrition, and has a special focus in Therapeutic Endoscopy. If that's the case, do this slowly, and be sure to empty the entire bag. If you feel a little faint or dizzy after your enema, lie down until the feeling passes. [22] 7 Sterilize or dispose of the enema equipment. While an enema can be a quick way to relieve constipation, if you haven't had a bowel movement in 3 days, it's important to talk to your back is difficult, you may prefer to lie on your left side. If you experience any cramping, you may need to lower the bag slightly, which will slow the flow of the solution. Rinse the enema bag with warm water. [23] If you used a disposable enema kit, you can throw all of the equipment away when you're finished. Drinking more water may also help prevent your constipation from returning. It's a good idea to stay close to the toilet for the next hour or so, as you may have another bowel movement during that time. It was successful! "Share your story He then completed his fellowship training at Lucile Packard Children's Hospital at Stanford University. Choose whichever position is more comfortable for you.[12] It may help to use a hand mirror so you can see what you're doing better.[13] 2 Insert the tip of the nozzle 3 in (7.6 cm) into your rectum. Advertisement 1 Lie on the floor and pull your knees up to your chest. Call your doctor and ask to be seen right away or visit an emergency room if you experience any of the following after an enema:[25] Feeling very dizzy, weak, or tired Fainting Developing a rash Being unable to pass urine Having severe, extended diarrhea Worsening constipation Experiencing swelling in your hands or feet 3 Visit the ER immediately if you have rectal bleeding or severe abdominal pains. He received his Bachelor's, Master's, and Doctorate of Medicine degrees from The University of Utah. To set up your area, lie several folded towels on the bathroom floor so you'll have a comfortable place to rest while you wait. [8] Make sure there's a place nearby where you can hang it from. Question What position is best for an enema? While it's typically safe to have an enema, it's probably still a good idea to talk to your doctor about it first. Question How long will it take to poop after an enema? Don't force the tip in, and take your time. If there's a cap on the nozzle and tube thoroughly with soapy water, then sterilize the pieces by placing them in boiling water for about 10 minutes. You can download the paper by clicking the button above. Loading PreviewSorry, preview is currently unavailable. Making your own saline solution is easy—just stir 2 tsp (12 g) of table salt into 1,000 ml (1.1 qt) of lukewarm distilled water.[3] Purchase distilled water, as tap water may contain contaminants that you don't want to introduce into your rectum. When your fingers touch your skin, the nozzle is inserted far enough. In addition, this is the best place to ensure you get the right enema for your age and body size. If you're giving the enema to a child, only insert it 1 1/2-2 in (3.8-5.1 cm) inches into their rectum.[15] Try holding the nozzle with your thumb and forefinger about a finger-length from the end. Coat the last 3 in (7.6 cm) of the nozzle with petroleum jelly or a water-based personal lubricant.[9] This will make it easier and more comfortable to insert the nozzle when you begin the enema.[10] If you'd like, you can also spread a little of the lubricant around your anus. Do not add any other ingredients to the saline solution unless your doctor advises you to. Dr. Muhammad Khan is a Gastroenterologist, with over 10 years of experience. That way, gravity will work to empty the contents of the bag into your rectum, and you won't have to hold up the bag the entire time.[16] If you're using a disposable enema, you may need to squeeze contents of container into your rectum. 6 Lubricate the nozzle tip on the enema tube.

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