

# Cone tip enema

## What is a cone tip enema?

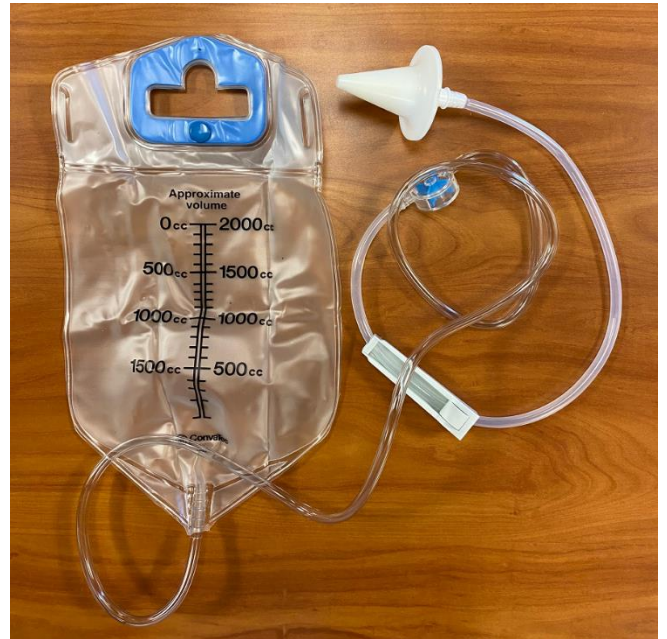
The cone tip enema is an enema bag with a cone shaped end. The cone is placed into the rectum to create a seal. This lets the fluid stay in the body. This will help it work and not flow right back out. This will help empty your child's stool (poop). The enemas can also help your child have fewer stool accidents.

## Why does my child need a cone tip enema?

Cone tip enemas are often used for children with nerve damaged (neurogenic) bowels, like those with spina bifida or colon dysmotility. The nerves in the rectum may not be able to tell the brain when stool is present. This means the child can't tell when it's time to have a bowel movement (poop).

## Equipment set up:

1. Wash your hands.
2. Attach cone tip to the end of the tubing.
3. Close the clamp on the tubing.
4. Fill the bag with the amount of water ordered by your doctor. Water should be slightly warmer than room temperature.
5. Open the clamp to fill the tube with water. You should see water drip out end of tube.
6. Close the clamp on the tubing.
7. Hang the tubing on a towel bar or hook so that the bag is higher than your child. Then the water will flow by gravity.
8. Apply lubricant to the tip of the cone.



## How to position your child:

Find the position and method that works best for you and your child. The enema can be done on the floor on a towel. It helps if your child is lying on their side. This can also be done on the toilet.

## How to do the enema:

1. Once child is in position, place the cone tip in the rectum and hold it there.
2. Open the roller clamp and let all of the water go in to the rectum. The water should go in over 1 to 2 minutes. If the water goes in too slowly, it will not have the best results.
  - If your child has stomach pain, you can slow the water down by using the clamp.
3. Hold the cone tip in place for 6 to 8 minutes **after** the water has gone in.

4. Remove the cone tip.
5. Have child sit on toilet or towel for about 30 to 40 minutes to let the stool drain.

### Care instructions:

1. Wash the cone tip in warm soap and water after each use.
2. Hang the bag to dry in between use.

### Enema instructions:

Your most current instructions will also be on the After Visit Summary. You can find it in MyChart. Today \_\_\_\_\_ your child's instructions are:

The goal for your child's enema is \_\_\_\_\_ mLs per day.

1. Start with this much water:

- 200mls
- 250mls
- 300mls

2.  Every day  
 Every other day

Add:

- 50mls
- 100mls

The amount of water and how often the enemas are needed can change. Please call the Urology team with any problems. Please call before making any changes to this plan.

**ALERT:** Call your child's doctor if you or your child have any concerns related to using this teaching sheet or your child has special health care needs not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**