

# Bowel Wash

## Definition

washing out the colon with large quantities of a solution in order to clear the colon the faeces.

## Purpose:

⇒ To clean the colon of Faeces, gas, excess, Barium etc.

⇒ To dilute and Remove any of the toxic agents that may be present in large intestine.

⇒ To keep the individual clean in Faecal incontinence & to check diamea.

⇒ To supply heat the colon or to the pelvic and abdominal organs surrounding the large intestine to Relieve Pain and bring about circulatory changes in these organs.

⇒ To Reduce Temperature in Hyperpyrexia and heat stroke. To apply medications locally.

⇒ To supply the body with fluid and electrolytes that are absorbed from the intestine.

⇒ As a preparation for diagnostic examinations & certain surgeries to cleanse the bowel.

### Indication :

- \* Mal absorption
- \* Small bowel obstruction
- \* Inflammation of the small bowel
- \* Intestinal stricture
- \* Tumors of the small intestine
- \* Polyps
- \* unexplained gastrointestinal bleeding.

### Contraindication :

- \* Loose sphincter
- \* Painful & bleeding haemorrhoids
- \* Fistula in Anus
- \* Polypus & diverticulas of the Intestines
- \* Painful skin lesion around the Anus
- \* Debilitation

## Solutions used :

- \* Plain water
- \* Cold water
- \* Normal saline
- \* Sodium bi-carbonate solution .1 to 2%.

## Antiseptic solution such as

- ⇒ Silver nitrate : 1:5000 ;
- ⇒ Potassium permanganate 1 : 5000 ;
- ⇒ Thymol 1:100 ; alum 1:100 ;
- ⇒ Boric solution 1 to 2%.
- ⇒ Tannic acid 1:100

Amount of solutions used ;  
2 to 3 litre

## Temperature of the solution.

- ⇒ For cleansing purpose ( $40^{\circ}\text{C}$ )
- ⇒ For thermal effects ( $43.3$  to  $46^{\circ}\text{C}$ )
- ⇒ For Reducing Temperature ( $27$  to  $32^{\circ}\text{C}$ )

## General Instructions :

1. A cleansing enema should be given 1 hour before the colon irrigation.



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is started, so that the Rectum will be Free of Faecal matter.

2. The bladder should be emptied before a colonic irrigation to Reduce the intra ~~abd.~~ abdominal pressure.

3. The Temperature of the solution be kept Constant throughout The procedure.

4. Do not allow air to enter into the intestines by.

Expelling the air from the tube Note letting the Fluid to Run completely From the tube.

5. Make sure that the Return Flow is not blocked.

6. Stop the Procedure Temporarily if the client complains of Pain.

7. Use a Smooth and Flexible Rectal tube and lubricate it well to Prevent damage to the Rectal mucosa.

8. Listen to the complaints of the client and should not ignore any discomfort however small they may be stop the treatment if the client shows the signs of fatigue and collapse.

9. Allow only 200 to 300 ML of fluid to run into the Rectum at a time Then it should be drained out completely before introducing the Fluid second time.

	Articles	Purpose Reason.
1.	Funnel and tubing with glass connection.	
2.	Rectal tube placed in a kidney tray	To irrigate the Rectum
3.	Mackintosh and towel	To protect the bed and bed linen.
4.	Water soluble jelly or vaseline	To lubricate the tube.



5.	Rag pieces in a Container	To apply the lubricant and to clean the perineum when necessary.
6.	Hot and cold water in jugs or any Prescribed Solution in jug.	To irrigate the wastes.
7.	Paper bag	To Discard the wastes
8.	clean linen as needed	To changes after the irrigation.
9.	Bucket	To Receive the Return Flow
10.	Toilet tray	To clean the Perineum.

### Preparation of the client and the unit.

1. Explain the Procedure to the client and explain how the client can Cooperate of the client.

2. Explain the sequence of the Procedure and explain how the client

can cooperate with you.

3. Provide Privacy with curtains and adequate draping.

4. Cover the client with a sheet or bath blanket & FanFold the top covers to the foot end of the bed.

5. Remove the back Rest & extra pillows.

6. Place the Makintosh and Towel under the client to protect the mattress and the bed clothes.

7. Place the client in a left lateral position with the buttocks close to the edge of the bed.

8. Keep all the Articles Arranged on the bed side locker.

9. Keep the bucket on a low stool to Receive the outflow of fluid.

10. Remove the bottom garments.

11. Fold back a small portion of the sheet or the bath blanket to



to expose only the Anal Region.

Procedure	Rational
1. wash hands	To prevent cross infection.
2. Prepare the solution at the Required Temperature Test the Temperature at the inner aspect of wrist.	
3. Attach the tubing and the Rectal tube with the Funnel, Pour the solution in it & check for leakage.	To check the Articles to be in good working condition.
4. Lubricate the tip of the Rectal tube about 4 inches.	For easy insertion of the tube & To prevent Friction.
5. Fill the funnel with the solution & expel the air from the tubing by allowing a small amount of fluid to Run into the	Expelling the air From the Funnel & Tubing Prevents air entering into the colon.



Kidney tray. pinch the tube.

6. separate the client's buttocks to visualize the Anus clearly & insert the tip 4 inches, while the client exhales a deep breath.

The Rectum is Relaxed when the client breathes out and makes the insertion of the tube easier.

7. Lower the funnel below the level of the Rectum.

To Allow the flatus if any to escape from the Rectum. It will be seen bubbling through the fluid in the funnel.

8. Raise the funnel & allow the fluid to run in, continue to pour more fluid into the funnel, before the funnel is empty.

pouring the solution before the funnel is empty, prevents entry of air into the Rectum.

9. When 200 to 300ml of fluid has gone in, pinch the tube

before the Funnel is empty and invert it over the bucket & siphon off the fluid

The Fluid which has gone in should be drained out before introducing more fluid.

10. When the Return flow ceases turn the Funnel upright & pour more solution lower the Funnel until the air from the tube has been expelled. Then Raise the Funnel & Repeat the procedure as in the article No : 8 Above.

Care is taken to expel the air from the tubing. as well as from the Rectum.

11. Continue the procedure until all the fluid ordered has been given or until the Return flow is clear.

12. Temporarily stop the procedure (do not Remove the Rectal tube)

Entry of fluid into the Rectum stimulates the peristalsis stopping the procedure



if the client develops any discomfort

For few moments will Relax the bowels as the Peristaltic movement is passed off.

13. Gently Remove the Rectal tube by pulling it through 3 to 4 layers of Rag pieces

Pulling through the Rag pieces removes the Faeces from the tube.

14. Discard the rag pieces in the paper bag. place the Funnel with tubing in the kidney tray.

avoid contamination of the articles & environment with soiled articles.

After care of the client and Articles:

1. Turn the client on the back and assist him to the toilet, commode or bedpan to drain out any fluid left in the Rectum.

2. Bring the toilet tray & assist him for the perineal care.

3. Put on the garments, change the bed linen if needed, straighten the sheet and adjust the position of the comfortable.

4. Take all articles to the utility room, disinfect the Funnel, tubing, Catheter and bucket clean them, dry them & Replace them in to their proper places.

5. Tidy up the client's unit

6. wash hands.

7. Record the type of Procedure and the Result with date & time in the Nurse's Record.

8. Return to the bedside, Evaluate the client's condition & comfort.

Bibliography :

<https://www.rch.org.au>

<https://www.coneston.com>.