

Enema before dynamic prostate brachytherapy

You have been given an appointment to have prostate brachytherapy. This is a treatment for prostate cancer. You should have received the leaflet, 'Dynamic prostate brachytherapy – a single visit treatment for prostate cancer' which explains the procedure in more detail. If you have not received a copy of this, please ask us for one. This leaflet explains how to use a phosphate enema to prepare for your surgery.

If there is anything you do not understand or if you change your mind and would like to have this preparation at the hospital instead, please contact one of the prostate nurses in the Urology Unit. Contact details are at the end of the leaflet.

What is a phosphate enema?

An enema is fluid that is placed in your rectum to clear your bowel. The phosphate enema you have been given is a single-dose disposable enema that will clear out and clean the section of your bowel that will be examined during the procedure. You need to use this enema before you come for your surgery, to make sure your doctor is able to get a good picture of your prostate with the ultrasound probe.

Speak to a doctor or nurse in the unit before you use the enema if:

- you know that you have an inflammatory or ulcerative bowel condition
- your doctor has asked you to reduce your sodium intake.

How to use a phosphate enema

The phosphate enema should only be given via your rectum (bottom). You will need to use the enema at least **two hours** before leaving home on the day of your surgery. If you need to leave home very early on the day of your procedure then you can have the enema the night before, a couple of hours before you go to bed. Before you use the enema you will need a:

- jug or bowl of warm tap water (not boiling water)
- towel
- bed to lie down on.

When you are ready to give yourself the enema:

1. Put the unopened enema bottle into the jug of warm water for about five minutes. This will warm the enema to body temperature.
2. Spread the towel on the bed, where your bottom will be. Take off the orange cap from the enema bottle.

3. Lie down on the bed on your left-hand side.
4. Insert the **full** length of the nozzle carefully and gently into your bottom and squeeze the bottle until it is empty.
5. Once all the liquid has been inserted, continue to lie on your left-hand side. The enema should produce a rapid response. **Try to hold the enema in for as long as you can: about 15 minutes.** When you can no longer hold it, get up slowly and walk to the toilet. You may feel a little unsteady after the enema, so **make sure you do not get up too quickly** to go to the toilet. Very rarely, some people faint when they try to get up. If this happens to you, lie back down until the feeling passes.
6. Discard the used enema bottle in a plastic bag and place it in the bin.

Contact us

If you have any questions or concerns about giving yourself an enema, please contact contact the prostate nurses for advice on **020 7188 7339** or (Monday to Friday, 9am to 5pm).

Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, available at www.guysandstthomas.nhs.uk/cancer-leaflets. For information leaflets on other conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets



Dimbleby Cancer Care provides cancer support services for Guy's and St Thomas'. We have a drop-in information area staffed by specialist nurses and offer complementary therapies, psychological support and benefits advice for patients and carers.

Dimbleby Cancer Care is located in the Welcome Village of the Cancer Centre at Guy's. **t:** 020 7188 5918 **e:** DimblebyCancerCare@gstt.nhs.uk

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

e: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details. **t:** 020 7188 8815 **fax:** 020 7188 5953

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health. **w:** www.nhs.uk

Leaflet number: 2875/VER3

Date published: October 2016

Review date: October 2019

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