

Luton & Dunstable FT

NHS Hospital

Gastroenterology Unit

Cons. Dr. Matthew Johnson

Cons. Dr. Nicki Simmonds

Cons. Dr. Anthony Griffiths,

## Cons. Dr. Sambit Sen

## SpN. Sr. Tracey Price

**Contact No**. 01582 718368

**Sucralfate Enemas for Radiation Proctitis**

Sucralfate enemas are typically used to treat the symptoms of radiation proctitis, which is an “irritating scarring” that occurs secondary to pelvic radiation therapy. This can become problematic some years after the radiotherapy, and isn’t actually an inflammatory state. This treatment can help with urgency, diarrhoea, stool frequency and rectal bleeding. It can be continued for up to 24 weeks, however most patients use it episodically, when they are symptomatic.

Unfortunately we do not have preformed Sucralfate enemas locally and it is difficult to acquire them in UK. This fact sheet explains how you can make and administer the enema yourself, using a syringe and catheter. The hospital, GP, practice nurse or community pharmacy will need to provide the following;-

**1) Sucralfate Suspension 1g per 5ml (ie. 2g in 10ml)**

**2) 60ml Syringe**

**3) 14-French rubber urethral catheter**

**4) Lubricating Jelly 42g tube**

Your practise nurse / district nurse could help you prepare and administer the enema at home, if you find this difficult.

**Method of Preparation**

1. Using the syringe provided draw up 10mls of the Sucralfate Suspension (2g)
2. Using the same syringe draw up 10mls of warm water and then mix.
3. Ensure that any excess air is expelled from the syringe.
4. Attach the catheter provided to the syringe tip.
5. Lubricate the tip of the catheter with lubricating gel provided.

**Method of Administration**

1. Lie on your left side with both knees bent (this will help enema retention at the affected area).
2. Position a towel underneath yourself to catch any leakage.
3. Gently insert the catheter to a depth of approximately 5cm (2 inches) through the anus.
4. Slowly and steadily press down on the barrel of the syringe until all the contents has been used
5. Slowly withdraw the catheter.
6. Try and retain the enema in the rectum for as long as possible.

NB - If pain occurs, or any resistance is felt at any time during the procedure, then stop and seek further medical advice.

I have borrowed much of the content above, from the Patient Information Sheet provided by;-

The Royal United Hospital Bath

Healthcare you can Trust

Date of publication 12 July 2013

Ref: RUH GAS/008

© Royal United Hospital Bath NHS Trust