



Please scan the QR code for Information & Instructions for Other Medications.

如欲索取其他藥物資料及指引，請掃描二維碼。



Disclaimer 免責聲明

The above information provided is for reference only. Please consult your doctor or pharmacy staff for any enquiries.

此資訊只供參考之用。如有任何疑問，請向主診醫生或藥房職員查詢。

Contact 聯絡

Drug information Hotline 藥物查詢熱線: 2339 8964

Website 網頁: www.hkbh.org.hk

Pharmacy Department 3-2023

藥劑部 3-2023



HOW TO USE ENEMA 灌腸劑的使用方法

Precautions 注意事項

- ✧ For rectal use only. Not to be taken orally or administered vaginally.
只供灌腸用。請勿吞服或用於陰道。
- ✧ Do not use when there is nausea, vomiting or abdominal pain.
當有噁心、嘔吐或腹痛，不宜使用灌腸劑。
- ✧ Do not forcefully insert the enema into the rectum to avoid damaging surrounding tissue.
切勿強行將瓶嘴插入直腸，以免引致損傷。
- ✧ Discard any remaining liquid in bottle after single use.
使用後把瓶內剩餘的液體棄置。
- ✧ Alert your doctor and pharmacist if you are pregnant, planning to become pregnant, or breastfeeding.
正在懷孕、計劃懷孕或餵哺母乳的婦女在用藥前請先告知醫生和藥劑師。



香港浸信會醫院
Hong Kong Baptist Hospital

Pharmacy Department 藥劑部

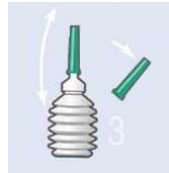
Steps on using enema

使用灌腸劑的步驟

1. Wash your hands before use, wear disposable gloves if needed.
徹底清潔雙手，如有需要，可戴上即棄手套。

2. Shake the bottle well.
搖勻灌腸劑。

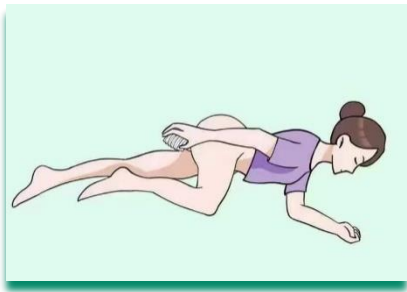
3. Remove the protective cap from the tip, if applicable.
除去灌腸劑的保護蓋（如適用）。



4. Lie down on your left side with your left leg stretched out and your right leg bent towards your chest for balance, arms resting comfortably.
向左側臥，左腳伸直、右腳朝胸部彎曲以平衡身體，手臂自然擺放。

(For adults & Child > 1 year old)

(成人及 1 歲兒童以上)



OR 或

Kneel, then lower head and chest forward until left side of face is resting on surface with left arm folded comfortably.
跪下，頭與胸向前低垂，直至左臉貼到平面上，同時將左臂舒適地彎曲。

(For adults only) (只限成人)



5. Gently insert into the rectum with tip pointing towards the navel. If this causes pain or irritation, apply a small amount of lubricant on the tip of the applicator before inserting it.
把瓶嘴朝著肚臍方向，輕輕插入直腸。如感覺疼痛或不適，可於使用前以潤滑劑塗在瓶嘴上。
6. Squeeze bottle until nearly all liquid is applied. (Note: It is not necessary to empty the bottle completely as it contains more than the amount of liquid needed for effective use.)
擠壓瓶身直到液體幾乎完全進入直腸。
(注意：但不需要全部擠清，因瓶內容量較實際需求量大為多。)

7. Maintain position for approximately 2 to 10 minutes until the urge to evacuate is strong.
保持姿勢直至感到強烈便意，大約需時 2 至 10 分鐘。



- ◆ Common side effects include transient rectal pain and irritation.
常見副作用包括短暫直腸疼痛及不適。

Consult your doctor immediately if there is any rectal bleeding after use or if the side effects persist or worsen.
使用灌腸劑後，如發現直腸出血，或情況持續，應立即求醫。

A pad can be placed under your hips when applying an enema as this will protect the bed or sheets.

灌腸時可以在臀部下方放一塊墊子，這樣可以保護床或床單。
