



Sucralfate Enemas

Sucralfate enemas are used to treat inflammation of the rectum (the lower part of the large intestine leading to the anus); most commonly this is for radiation proctitis; bowel inflammation following radiotherapy. This treatment can help treat bleeding due to the inflammation. This fact sheet explains how to administer the enema, using a syringe and catheter.

The hospital or community pharmacy will provide the sucralfate enemas and equipment needed for your first course of enemas. Any repeat courses of treatment will be arranged via your GP and community pharmacy. Should you require assistance in preparing and/or administering the enemas yourself, you will be referred to your district nursing team for further support.

Note: you will need to use sucralfate oral suspension – do not worry, as this can be used rectally following the instructions below.

Using it in this way means it is “off-label” or unlicensed. There are very limited effective treatments for radiation proctitis, with no licensed enemas available, and your prescriber will have carefully considered all options before prescribing. Please speak to your pharmacy team or consultant if you have any questions around this.

You will need:

- Sucralfate Suspension 1g in 5ml.
- 60ml Syringe. Can be washed and reused.
- 14-French urethral catheter. Can be washed and reused.
- Lubricating Jelly 82g tube



Administration of Sucralfate Enemas:

1. Wash your hands before you begin. Using the syringe provided, draw up 10mls of the Sucralfate Suspension (2g) and then draw up 10mls of warm water and mix. Ensure that any excess air is expelled from the syringe.
2. Attach the catheter provided to the syringe tip and lubricate the end of the catheter with lubricating gel provided.
3. Lie on your left side with both knees bent. This position will help the flow of liquid in to the rectum and aid enema retention.
4. Position a towel underneath yourself to catch any leakage of fluid once the enema has been administered.
5. With a steady pressure, gently insert the catheter to a depth of approximately 10cm into the rectum.
6. Press down on the barrel of the syringe slowly, using a steady and even pressure, until the entire contents of the syringe have been administered. Slowly withdraw the catheter.
7. Try and retain the solution in the rectum for as long as possible. At least 15 minutes is ideal.
8. Once you have opened your bowels, wash and rinse out the syringe and catheter with warm water. Remember to wash your hands afterwards.

Additional Information

Store the sucralfate and equipment in a safe place out of reach of children and return any unused supplies to your community pharmacy. If you have any questions the surgical pharmacy team can be contacted on **01463 706123**.

This leaflet has been produced from information adapted from Royal United Hospitals Bath and Gloucestershire Hospitals, April 2024