

Enema additives.

Enema additives are used to stimulate the inside of the bowel to move poop through and out of the body. You will buy these enema additives in drug or grocery stores or find the item online. The pictures are for reference only. Your child's doctor and medical team will tell you what additives to use and how much.

Normal saline:

- You can buy normal saline pre-made without a prescription or use a prescription and get from a medical supply company.
- You can mix your own normal saline. Use the recipe on the handout **Instructions for Homemade Normal Saline for Enteral Use.**



Glycerin:

- Liquid glycerin is a thick, clear, odorless, non-toxic liquid.
- You will find glycerin in the health and beauty section of the store.
- You may also buy it online by doing a search for "liquid glycerin".



Castile Soap:

- Castile Soap is a mild soap made of plant oils.
- You will use the liquid form.
- You will find Castile Soap in the health and beauty section of the store.
- You may also buy it online.



Sodium Phosphate:

- Sodium Phosphate is better known by the "Fleet" brand.
- You will find Sodium Phosphate in prefilled bottles of 66 mL or 122 mL.
- The Fleet brand also makes plain saline enemas. Check the active ingredient on the box to be sure you buy the right item.

