

Enema



RESCUE GUIDE



**12 Strategies
to Help Your Child
Get Comfortable
with M.O.P.**

*from parents who've
been in the trenches*

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BedwettingAndAccidents.com

Convinced your child will never get on board with enemas?

Worried the process will be traumatic?

Unsure how to rebound after a difficult first experience?

Plenty of parents have been there, only to find themselves amazed when enemas become routine for their kids — or when their children actually ask for an enema.

One mom in our private **M.O.P.** support group was stunned when her 7-year-old, who has autism and is minimally verbal, came to her after his third enema and said, “Bum.”

“I actually found him trying to open a Fleet enema and use it on his own,” she posted on our group’s Facebook page.

Another mom posted a photo of her 4-year-old son “playing constipation” with his marble run. The boy narrated: “Look at all of this hard poop. This colon is clogged. It’s constipated! But that’s okay, I’ll just give it an enema!”

This guide is packed with creative and practical tips to help your child — or yourself! — overcome apprehension about enemas. We hope you find it helpful!

“Our pediatrician said enemas are very difficult to do with kids. Turns out our kid doesn’t mind them at all.”

“It was harder for us as the parents to wrap our heads around the idea. The first two nights were the hardest. It has been smooth sailing ever since.”

1

Let your child take charge.

Children as young as 5 may be able to insert the enema tip on their own; others may prefer you do it. Ask your child's preference, and revisit the question periodically. Younger children can take control in other ways.

- “Our approach was to have our daughter do the insertion herself, so we talked through the sensations and had her ‘practice’ with her own finger first (trimmed nails and clean!).”

“My 4-year-old really likes taking the cap off and holding the bottle before we do it. I think it gives him a sense of control.”

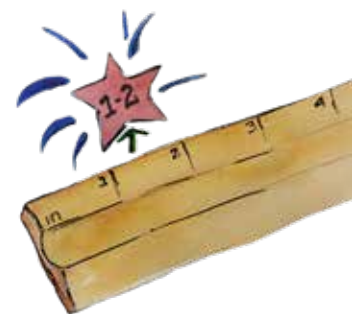
- “My 5 year-old was scared the first time I had her administer the liquid glycerin suppository herself, but she thought the penguin on the box and the little suppositories were so cute. I just told her practice sticking it in — no pressure — and I would check to see if it was in the right spot and not touch her at all. Giving her the control made all the difference. She got really comfortable with LGS.”
- “We ask, ‘When do you want to do your poop medicine? Before we ride bike or after?’ That gives him a sense of authority.”
- “I always wait for her permission to go ahead with the enema, even if it takes 30 minutes.”
- “For my kids, having control is key. They all insert the enema themselves, except the 3-year-old. The 8-year-old does the syringe with a soft tip LGS, and the 6-year-old and 10-year-old are doing **M.O.P.+**. They have control over inserting the enema and allowing the flow.”

2

Compare the enema tip to a typical poop.

Some constipated kids poop out giant logs, jumbo sausages, even stools “the size of a Pringles can,” as one mom posted. An enema tip is teeny by comparison.

- “I showed my daughter how a poop is 1-2 inches wide — a lot wider than the enema tip.”
- “I talked about how the enema tip is way smaller than poop. That really helped. I also I did a demonstration using my hands clasped, palms up. The space where my fingers connected was the enema entry point. I showed him how I would use Vaseline and his bottom would open up and the bottle would fit in.”



When your child's bottom muscles are relaxed, the enema tip will slide in easily. Encourage your child to take deep breaths, like blowing out birthday candles or blowing up a balloon.

3

Help your child relax.

- “My kids hug their knees and breathe out. We call it our cleanse and yoga breathing.”
- “I got the iPad out for my 5-year-old and put on a video of Chip and Dale and Donald Duck. He was so into it that he hardly budged when I administered the enema. They don't call TV the 'boob tube' for nothing.”
- “My 4-year-old wanted big sister to hold her hand.”
- “The first week was rough, and my son held my hand while Dad did the enema.”
- “I place a soft mat on the floor and use a portable heater in the bathroom to keep it cozy and warm.”

“If the cat is around, she likes to cuddle with kitty while I do it.”

- “My 5-year-old clenches when it's enema time. Our pelvic PT suggested he try to push the enema away with his sphincter muscles. That really opens up the anus, so I can get in there with less discomfort and resistance.”
- “My husband lies on the floor with our son, and they watch Mickey Mouse Clubhouse on the iPad as I do the enema.”
- “I turn lights down low, cover her with a blanket, and always do it in my bedroom/bathroom so her room isn't associated with the procedure.”
- “To get her relaxed, I make her cheeks 'talk' to me about silly things.”
- “I sing to my son during insertion and then read to him while he holds it.”
- “When my son gets cramps, I encourage him to take slow deep breaths and massage his belly. Usually, the cramps go away within 10 seconds.”

4

Acknowledge your child's fear.

Instead of saying, “Don't be afraid — it won't hurt,” empathize.

- “We did lots of talking beforehand about how lots of kids are so scared they cry and how I was scared when I had to get one before my colonoscopy. The discussion made all the difference. Now we are on day 14 and the enema doesn't faze her at all. Like, not one bit. And the enemas have helped SO MUCH.”
- “My daughter and I were both nervous. We talked a lot about the body, and how some parts seem mysterious because we can't see them. That was to get over the weirdness of dealing with such a private area. Then, to get beyond a sense of vulnerability, we had her take some private time with her finger and lube, since she knows perfectly when to stop or adjust. The first attempt at enema was still a production but I think partly because she felt pressure due to being uncomfortably constipated.”

“When my daughter gets anxious, we slowly say the words, ‘I am brave, I am strong, I am done,’ and it is over. She usually holds a favorite stuffed animal.”

Screen time, toys, treats — whatever works. Any child unlucky enough to have to undergo M.O.P. deserves a prize!

5

Offer a reward.

- “Bribes for our 4-year-old include: glow-in-the-dark toys, dollar-store trinkets, bouncy ball, blowing candles out of a giant marshmallow, phone call to grandma and grandpa to tell them he pooped on the potty.”
- “We started with Starbursts and moved on to the iPhone.”
- “We have a ‘super pooper party’ after each enema. My son gets a small treat with a candle in it. We sing, ‘You’re a super pooper’ to the tune of Happy Birthday. It’s ridiculous, but it works.”
- “I offered my son a Lego set in exchange for 30 days of enemas. We hung a calendar on the wall, and by the end of the first week, it was no big deal. After the month, he got his Lego set, and we kept doing enemas. He never said, ‘You only said 30 days.’”
- “My 6-year-old has started a candy collection. He gets 1 lolly for a spontaneous poop (from Ex-Lax) and 3 lollies for a “bottom rocket” (enema).” Going to start buying diabetic candy to be better on the teeth.”
- “I paid 6 bucks last night for him to let me do it. Other nights, I’ve given \$1 or candy. Gotta do what I gotta do! He’s saving up for a new Xbox.”

“My daughter asks every day, ‘Can we do my bum medicine?’ because she gets to watch a show while sitting on the potty.”

“Our son prefers lying on his back with one of us holding his legs towards his chest.”

6

Have your child try a different position.

Most kids prefer lying on the left side, knees bent, but some feel more comfortable facing down, butt upward.

- “I have my kiddo lay down on his forearms, butt in the air, and we sing “Put your butt in the air like you just don’t care” while he’s watching the iPad. I then put the tube in the anus at the same angle of his body.”
- “She lies across my lap, with her bottom in the air, while clutching her favorite toy.”
- “My daughter lies on her back with me holding her knees to her chest. She won’t do it any other way.”
- “On her knees, chest down, bum up — that’s how we do it.”

7

Glob on the lube.

Add KY jelly, Vaseline, Aquaphor, or coconut oil to the tip and/or the child’s bottom.

- “There’s no such thing as too much lubricant. We use Vaseline and KY together.”
- “Really grease it up! Even though the enemas come pre-lubricated, it is not enough for us.”
- “Put an enormous amount of petroleum jelly on that sucker! The default amount on the tip isn’t even close to sufficient.”

“We use a Death-Star-size glob of Vaseline.”

8

Appeal to your child's inner scientist.

Many kids are fascinated by the workings of an enema.

- “We switched to a clear enema bag, and watching the fluid draining out fascinated my son. He has a keen interest in science and anatomy.”
- “The inspiration came one morning at breakfast. There was a large, hard lump of sugary flavoring at the bottom of my son's instant oatmeal packet. I told him this is what his poop is like in his colon: hard and dry and hard to break up. I asked him to try to squish it, and he couldn't. I placed it in a bowl and poured water over it. While it dissolved, I told him that's what happens when we use the enema.”

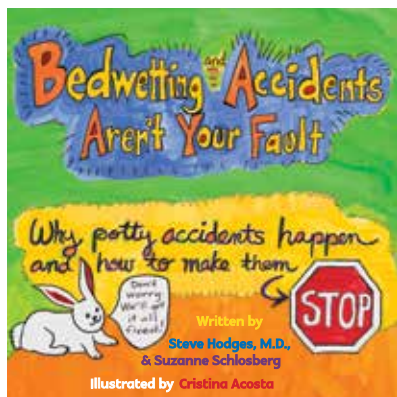
“I squirted water on a soft peppermint. It took a few squirts to start getting mushy, which gave my son a concrete visual for why we are doing M.O.P.”

9

Plant the idea and give it time to take root.

Use “**Bedwetting and Accidents Aren't Your Fault**” to introduce the concept. The book emphasizes that loads of kids have accidents and need enemas.

- “We read *Bedwetting and Accidents Aren't Your Fault* together before we began M.O.P. I had mentioned several times that we might go that route. When laxatives and cleanouts didn't work, he was prepared for enemas.”



- “My daughter and I read *Bedwetting and Accidents Aren't Your Fault* several times when she was just on Miralax, and she suggested trying the enemas herself.”

“My daughter and I were outside talking to our neighbor, and my daughter pointed out clumps of dried mud on the sidewalk. Our neighbor said, ‘Oh, don't worry, the rain will wash the hard mud away.’ And my daughter said, ‘Just like the special water in an enema washes your poop out!’ The neighbor laughed and said, ‘I guess so!’ Then my daughter said, ‘Do you know what helps ME with enemas? Vaseline! And you know what else? THE ENEMA BOOK!’ Our neighbor got an earful, but at least my daughter is getting the message that enemas are helping!”

10

Give yourself an enema.

What better way to show solidarity and offer a scouting report? Children greatly appreciate this gesture.

- “I did it on myself, and my daughter watched and saw it didn’t hurt. Worked wonders!”
- “When I did one in front of my son to show him that it doesn’t hurt, that tipped the scales to get him to try it.”
- “One thing I learned when doing it on myself is that it helps tremendously if you bear down like you’re pushing out a poop. That will relax the muscles and make it pretty effortless.”
- “After giving myself an enema, I realized how much more comfortable it is when you’re lying on your left side. No wonder my daughter freaked out when we tried it on her right side.”
- “I let my 6-year-old give me an enema. It showed her I wouldn’t ask her to do something I wasn’t willing to do. It also gave her a sense of control and partnership.”

“I casually showed my kids the enemas after school. ‘Nope. Nope. Nope.’ was the response. I said, ‘I’ll try it myself this weekend. We’ll see how it goes.’ Bedtime rolls around and the younger one says, ‘I want to try the enema.’ I was shocked. After half the bottle, she said, ‘That’s enough for tonight.’ Then: **My tummy feels empty. I want to keep doing the enemas.’ She reports to big brother, who says, ‘When do I get to try the enema?’”**



Explain that the lump of poop is stuck in the rectum, near where poop exits, whereas oral laxatives come from the top down and can’t do as good a job cleaning out the hardened mass at the bottom.

- “We say, ‘Good job buddy! Your belly is so happy now!’”
- “For my 5-year-old, showing him pictures of the bladder smashed by a rectum overfilled with poop was helpful at the start. I explained how the enemas would help fix it, and I let him see and handle the supplies. That helped him get on board.”
- “Telling my son the enema is like a straw for the butt made my kid laugh and convinced him to try it!”

11

Explain why enemas work so well.

“I say, ‘Yay! You got all the icky poop out that was stuck in your belly.’”

12

Experiment with different types of enemas.

Phosphate enemas, liquid glycerin suppositories, bisacodyl enemas, homemade enemas with saline and Castile soap — there's no shortage of options. Some kids find certain enema solutions — even certain enema tips — more comfortable than others, so don't give up after trying just one.

- "My son said phosphate enemas burned inside. He's fine with liquid glycerin suppositories."
- "Liquid glycerin suppositories make my son nauseous and sometimes throw up or cause him to gag. He has no problem with phosphate enemas."
- "My oldest said store-bought enemas hurt, but he hasn't complained since we switched to **M.O.P.+** (large-volume enemas)."
- "We were nervous to try the large-volume enema with my 8-year-old, but it isn't as scary as I thought it would be, and my daughter finds them more comfortable."
- "My 8-year-old's ability to tolerate the full high-volume enema varies from one day to the next. If he starts to get uncomfortable, I ask him if I should stop. Some days he can hold 350 ml, plus 30 ml glycerin. Some days we stop at 300."
- "My 5-year-old tolerates the bag enema much more than Fleet phosphate, which she said burned. She doesn't mind glycerin, but she gets no output with that. She is OK with a little Castile soap in the saline."
- "We delayed switching to **M.O.P.+** because it seemed really intimidating, but after the first one, I was wishing we had done this sooner."

"My son prefers large-volume enemas because the flow is more gradual, rather than the 'squirt' you get from store-bought enemas."

"We were nervous to try the large-volume enema with my 8-year-old, but it isn't as scary as I thought it would be, and my daughter finds them more comfortable."



Liquid glycerin suppository

or



Enema

or



Large-volume enema kit