

Bowel emptying with Klyx® enema

Klyx® enema is used for colon evacuation prior medical procedures.

How to use

Klyx® enemas 240ml are available at pharmacies without prescription. Insert enema 1-3 hours prior coming to hospital.



Remove the protective cap from the applicator



Lubricate the tip of the enema

- Remove the cap and the upper-most end of the applicator and lubricate the tip of the enema with basic cream or Vaseline.
- Carefully insert the tip of the enema into the rectum
- Slowly squeeze the solution into the bowel. Keep the bottle compressed to prevent back-flow while removing the tip.
- Try to retain the solution if possible, relax and switch sides. Get up and walk.
- The urge to defecate comes quickly after administration. There may be individual differences.

In case of problems contact treating unit.