

# Cecostomy Irrigation (Washout) Instructions Using Glycerine



**Pediatric General Surgery Clinic**  
4480 Oak Street, Vancouver, BC V6H 3V4  
604-875-2345 • 1-888-300-3088  
[www.bcchildrens.ca](http://www.bcchildrens.ca)

Your child's health care team recommends a washout every \_\_\_\_\_ days.

Glycerine is a natural product to help empty your child's bowels of poo (stool). You can buy glycerine at a pharmacy. You may need to ask your pharmacist for the glycerine as it may be kept behind the counter.

### Gather the supplies

- 1 litre of warm water (4 cups)
- 1 teaspoon of table salt.  
**Measure level teaspoon carefully.**
- Glycerine (liquid)
- 60cc catheter-tip syringe
- Enema bag/feeding bag (to give the saline flush)
- Cecostomy access adapter tube

1. Wash your hands.
2. Prepare your flushing solution.
3. Mix or shake glycerine/saline mixture before drawing up your solution.
  - Mix the warm water and table salt (in a clean container) to make the saline.
  - Glycerine needs to be diluted with some of the pre-mixed saline (as per above) before putting it through the cecostomy tube.
4. Use the 60cc syringe to draw up your solution.
5. Administer the glycerine solution (as per your child's weight) through the cecostomy tube.
6. Wait for 15 minutes while the glycerine works on your child's bowel.
7. Flush with 250 to 500 mls of the remaining saline (salt water) over 10 to 15 minutes.
8. Firmly massage your child's abdomen in a clockwise way in order to empty the bowel fully.
9. Repeat if the fluid leaving the body is not clear.

**Please weigh your child and use the chart below** to calculate the amount of glycerine and saline you will need to mix for your child. Keep the leftover saline.

Child's Weight (lbs)	Child's Weight (kg)	Glycerine (mls)	Normal Saline (mls)	Total solution (mls) to be given
20	9	5	20	18
25	11	5	20	22
30	13	10	40	26
35	16	10	40	32
40	18	10	40	36
45	20	10	40	40
50	23	10	40	46
55	25	10	40	50
60	27	20	80	54
65	29	20	80	58
70	32	20	80	64
75	34	20	80	68
80	36	20	80	72
85	38	20	80	76
90	41	20	80	82
95	43	20	80	86
100	45	20	80	90
110	50	20	80	100
120	54	30	120	108
130	59	30	120	118
140	64	30	120	128
150	68	30	120	136
160	73	30	120	146
170	77	40	160	154
180	82	40	160	164
190	86	40	160	172
200	91	40	160	182

If you have any questions in regards to using the glycerine or you are unsure of the dose for your child, please call the nurse in Surgery Clinic.  
604.875.3222 - Mon-Fri 8:00 a.m.-4:00 p.m.