

## Cortenema Instructions

The doctor has indicated that Cortenema (or its generic form, hydrocortisone enema) may help to alleviate your symptoms. This medication is often prescribed for patients with pain/discomfort from rectal tears (fissures) or to soothe the rectum following hemorrhoid treatments.

This medication comes in small bottles, seven in a box. You may be given refills on your prescription, so that you can get more from the pharmacy when your initial supply is gone. You should do an enema each night at bedtime for the first few nights, then cut back to every other night or every few nights as your symptoms improve. It is not necessary that you use all of the bottles that you have. It would be fine to save some to use after future treatments or if further discomfort occurs.

### **Use the Cortenema as follows:**

- Shake the bottle well so that the medicine is thoroughly mixed.
- Remove the protective cover from the applicator tip. (Hold the bottle at the neck so you don't accidentally squeeze out any medication.)
- It is easiest to use Cortenema while lying on your left side with the left leg straight out and the right leg bent forward for balance. Another way to administer it is in the knee-chest position shown below.



- Gently insert the applicator tip into the rectum, pointing it slightly toward your navel. (This will prevent damage to the rectal wall.)
- Grasp the bottle firmly, then tilt the bottle slightly toward your back, while squeezing with slow and steady pressure to force out the medicine. After the enema bottle is emptied, withdraw the bottle.

-Remain in this position for 45 to 60 minutes to allow the medication to work, or keep it in all night if possible. The colon will eventually absorb all of the liquid so that you will not need to go to the toilet to eliminate it.

Some patients have difficulty retaining the Cortenema. It is easier to administer after the first enema, because the medication helps to reduce swelling and discomfort. If you continue to have trouble holding the medication after the second time, try using half of the bottle, then the other half in an hour (or the next morning).