

## Vaginal Douche

- Infection control procedures apply
- This is a sterile field procedure
- Wear suitable protective equipment, especially gloves
- Ensure absolute privacy and dignity
  
- Prepare the appropriate irrigation solution
- Have the client to lie back slightly
- Remove their lower garments and drape their legs
- Help them onto a clean bedpan
- They raise their knees and open their legs
- Using an appropriate irrigation set, fill the solution container with the solution and allow air out of the irrigation tube, reclamp the tube
- Using cotton swabs and warm water, wash the client's perineal area
- Gently and carefully, insert the irrigation tube 5cm to 7cm into the vagina
- Allow the irrigation solution to flow, rotate the end of the irrigation tube occasionally and gently to ensure thorough irrigation
- When done, reclamp the irrigation tube and remove it
- Sit the client fully up to encourage remaining solution to drain out of the vagina
- Wash and dry the perineal area using the correct method
- Remove the bedpan

