



Fleet Enema (saline enema) basics

Helps get things moving. Fleet Enema (saline enema) provides quick relief of constipation, but should be saved for treating more severe constipation.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

| | Hours | Days | Weeks | Months | Long term |
|---|---|------|-------|--------|-----------|
| Fleet Enema (saline enema) Drug effectiveness |  | | | | |
| Possible side effects† | | | | | |
| Diarrhea |  | | | | |
| Stomach cramps |  | | | | |
| Bloating |  | | | | |

† Data on frequency of side effects is not available.

Tips from pharmacists

- Fleet Enema (saline enema) is for rectal use only.
- Make sure you follow all instructions on the product label to correctly insert Fleet Enema (saline enema). Talk to your doctor or pharmacist if the tip is too hard to put in, don't try to force it in.
- Fleet Enema (saline enema) starts working within 5 minutes, so make sure you are near a bathroom when you use it.
- You can prevent constipation by maintaining a healthy diet, staying hydrated, and getting regular exercise.

Risks and warnings

Contact your doctor if you experience any of these.

Dehydration

You should only use Fleet Enema (saline enema) enema 1 time in a 24-hour period. Using more than 1 enema a day can make you dangerously dehydrated and can harm your kidneys and heart. Be sure to drink lots of fluids. Talk to your doctor right away if you're feeling thirsty, dizzy, vomiting, or not urinating as much as usual.

Electrolyte imbalance

Fleet Enema (saline enema) can cause changes in your body's electrolytes. Electrolytes help your body function properly. If you have kidney problems or are on a salt-restricted diet, talk to your doctor before taking Fleet Enema (saline enema). Fleet Enema (saline enema) can raise sodium and phosphate to dangerous levels in your body, which can be really bad if you have kidney problems.

Bowel blockage

Talk to your doctor before using Fleet Enema (saline enema) if you have nausea, vomiting, pain or bulging in your belly that doesn't go away, or changes to your bowel movements in the past 2 weeks. Stop using this medication and talk to your doctor right away if you experience rectal bleeding, or no bowel movement after taking Fleet Enema (saline enema). These might be symptoms of a bowel blockage or obstruction, which is serious.