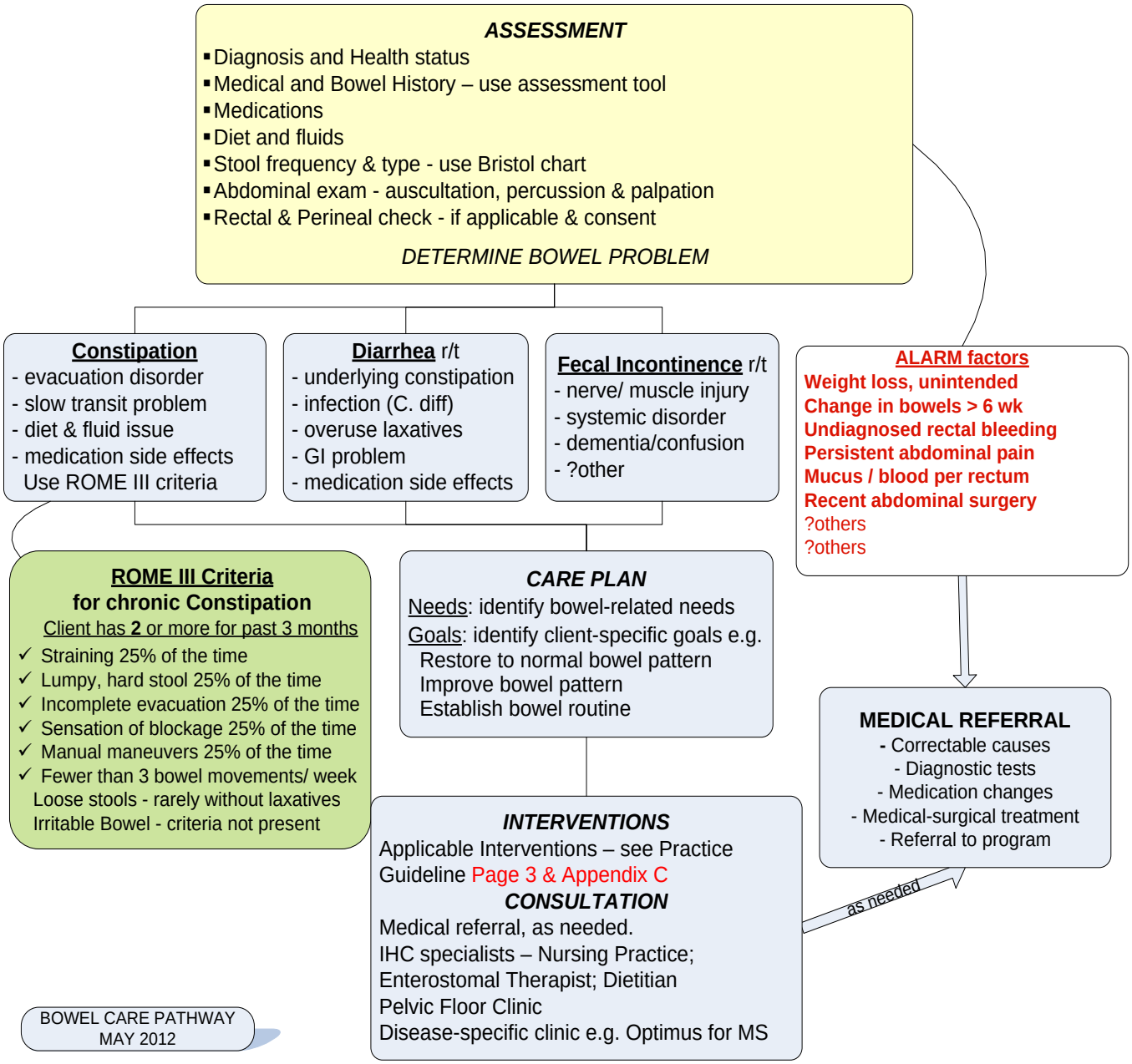
BOWEL MANAGEMENT – MAY 2012

Bowel Management Pathway



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Constipation Management

STEP 1: Healthy bowel habits: *onset 12-24 hr; full effect 2-3 days*
Dietary Fibre soluble & insoluble 14 Gm/1000 calories; Natural laxatives
Fluids ~1500 ml daily, as applicable to condition;
Activity active & passive exercises, walking Toileting scheduled time daily, position

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STEP 2: Bulk forming laxatives: *onset 12-24 hr; full effect 2-3 days*
Soluble fibre – Psyllium 5-11 Gm (1-2 tsp) daily to TID; Inulin 1-2 tsp daily to TID
Note: take with 8 oz (240 ml) fluid

STEP 3: Stool softeners: *onset 24-48 hr*
Docusate Na 100 – 400 Gm daily
Mineral oil 15-45 ml daily hs

STEP 4: Osmotic laxatives: *onset 3-6 hr (24-48 hrs chronic)*
PEG Polyethylene glycol 3350 17-75 Gm daily
Lactulose 70% 15-45 ml daily or BID
Sorbitol 15 ml daily to TID
MgSO4 10-30 mg ?ml daily

STEP 5: Bowel stimulants: *onset 6-12 hr; full effect 24 hrs*
Sennoside 0.5-2 Gm po daily hs or BID; Senna tea
Biscodyl 5-10 mg po daily hs or BID
Prucalopride 2-4 mg daily (seritonergic)
Linaclotide 150-300 ug daily (GC activator)
Cascara i-ii Tabs daily

STEP 6: Rectal treatments:
onset supp 15-60 min; enema 2-20 min
Suppositories: Glycerin supp i prn or q2days
Biscodyl supp 5-10 mg prn
Enemas Na/K Phosphate 133 ml prn/q3d
Na Citrate micro i-ii prn/q2d
Oil retention
Disimpaction

Chronic Constipation

Acute constipation

On assessment, go to appropriate step.

- If impaction, go to Step 6.
- Everyday for most clients: Follow Step 1
- DAY 3 with no BM: Step 2 then through to Step 5, as needed
- DAY 4 with no BM: Repeat Step 2 through Step 5, as needed
- DAY 5 with no BM and steps 2-5 ineffective: Go to Step 6

BOWEL ROUTINE:
Usually includes ***Step 1*** and may include some of interventions ***Steps 2-6*** on regular basis;
May include digital rectal stimulation.
?Doctor's orders required? See client-specific care plan.

CONSTIPATION MANAGEMENT
MAY 2012