



My Bowel Care Program

After almost all spinal cord injuries, bowel function is impaired. The goal is to have regular bowel movements by establishing a routine schedule. Once established, a good bowel program regulates bowel movements, avoids accidents and prevents constipation, diarrhea and resulting complications. The information below summarizes your recommended bowel routine which was followed during your inpatient rehab stay.

Bowel Control Status

- ☐ Full voluntary control ☐ Partial voluntary control ☐ No voluntary control
☐ Other: _____

Level of assistance required (check boxes):

	Hands on	Supervision	Independent	Not applicable
Insert suppository				
Transfer				
Adjust clothing				
Digital stimulation				
Clean up				
Other				

Schedule

- ☐ Mon-Wed-Fri ☐ Tues-Thurs-Saturday
☐ Every other day ☐ Daily
☐ Other: _____

Time of day

- ☐ Morning ☐ Evening

Frequency of incontinence

- ☐ Daily ☐ Every other day ☐ Once a week
☐ Once per month ☐ Never
☐ Other: _____

Contact your Nurse for more information.

Created by: Pauline Courcy, Betty Chau

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Client Name: _____

Date given: _____



My Bowel Care Program

Bowel routine is done:

- | | |
|--|---|
| <input type="checkbox"/> In bed | <input type="checkbox"/> On commode over toilet |
| <input type="checkbox"/> On a raised toilet seat | <input type="checkbox"/> On regular toilet |
| <input type="checkbox"/> Other: _____ | |

Other special instructions or information:

Patient is at risk for Autonomic Dysreflexia (injury above T6): ☐ Yes ☐ No

Frequency of past episodes of Autonomic Dysreflexia _____

Autonomic Dysreflexia (AD) is a sudden increase in blood pressure that can result from irritation during rectal stimulation or from a blockage of stool in the bowel. Symptoms include pounding headache, sweating, blurred vision and chills. Check your bowel for impacted stool by doing a rectal touch. If stool is present in your bowel, apply anaesthetic gel and gently remove stool. If you experience AD during rectal stimulation, stop until you are feeling better and then continue while using a topical anesthetic such as xylocaine jelly. Go to the emergency room if symptoms do not go away.

Tips for maintaining a healthy bowel routine

- Drink at least 2.5 liters (10 eight ounce glasses) of fluid every day
- Eat high fibre, regular meals with at least 25-30 grams of fibre every day
- Exercise regularly to prevent constipation

Contact your Nurse for more information.

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