Cond

Essentials

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 vour 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	I	I		

Schedule

Mon-Wed-Fri	
Every other day	

□ Tues-Thurs-Saturday

)ther:	
Time o	of day	

Evening

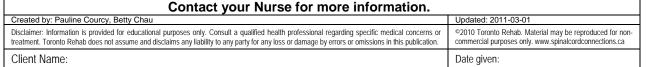
Frequency of incontinence

Daily

- Every other day
- Once per month Other:
- □ Never

Daily

□ Once a week



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Bowel routine is done:

- In bed
 On a raised toilet seat
 Other:
- On commode over toiletOn regular toilet

Other special instructions or information:

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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