

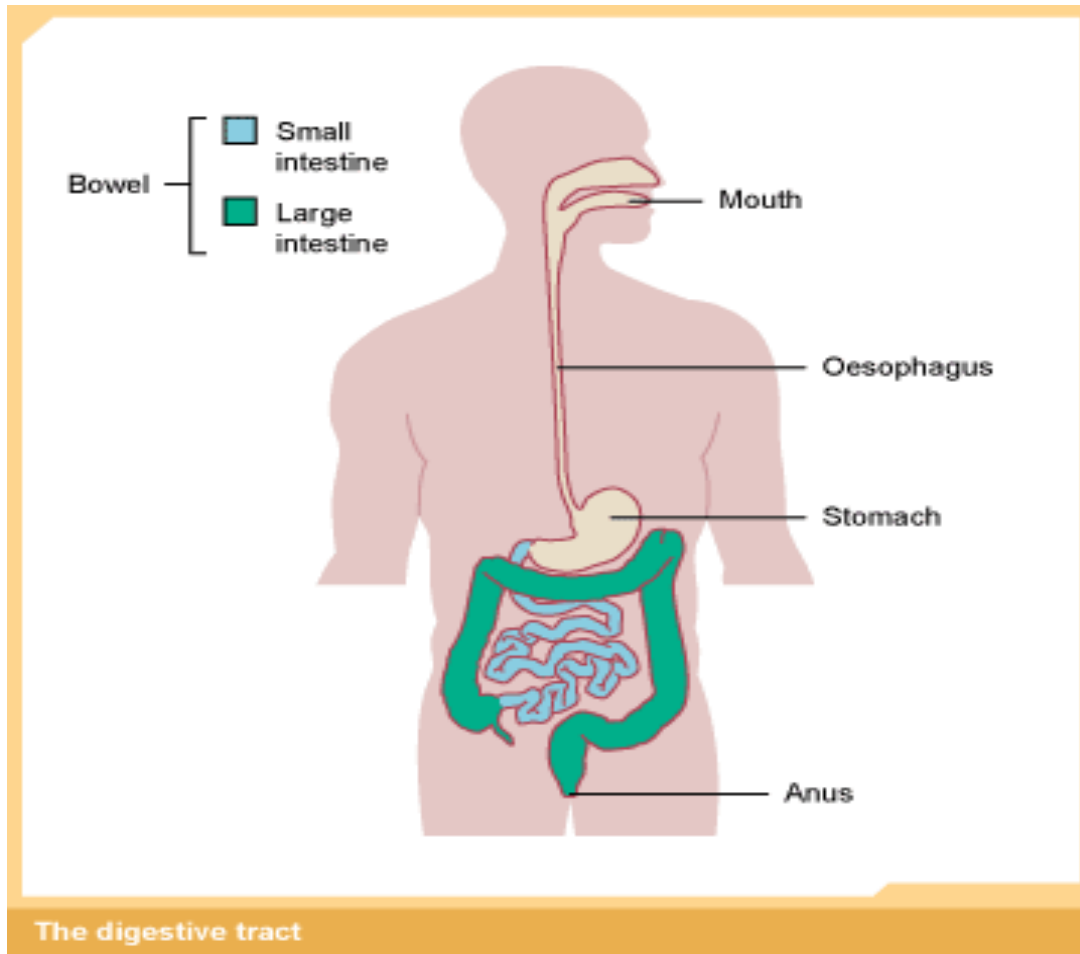


# Bowel Management



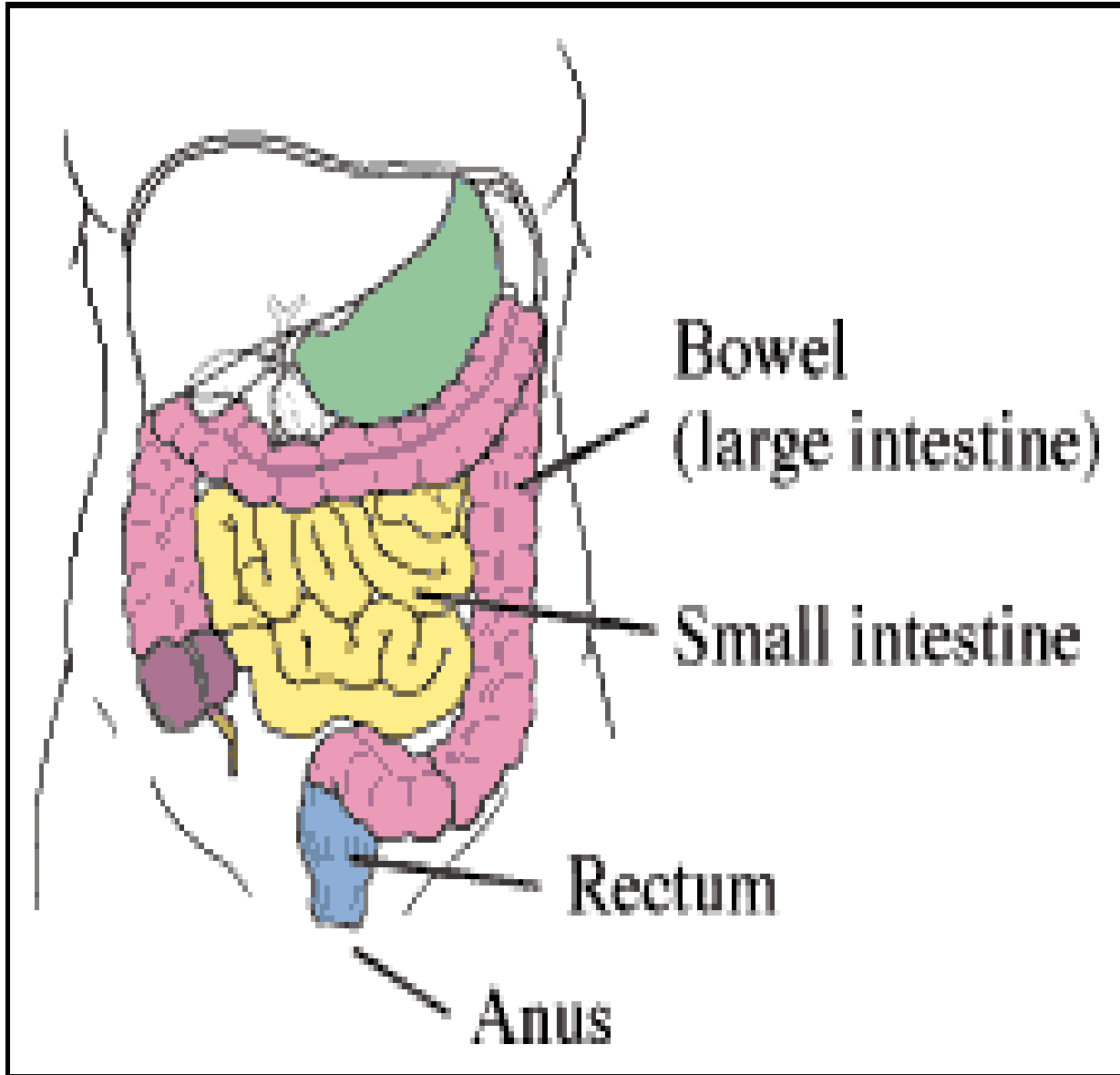
Ensuring that the personal care needs of those with SCI are met.

# Why is bowel training needed?



A person who has a S.C.I will need the help from their personal assistant to maintain their bowel function.

With reduced activity the normal bodily functions (including digestion and excretion) are slowed down.



# Bowel Management

This is needed to:

- Maintain general health and well being.
- Establish a regular bowel pattern
- Avoid constipation, faecal impaction and faecal leakage

# Active Bowel Management

- Encourage a good high fibre diet



- Encourage plenty of fluids



- Regular exercise

- Stimulation, digital and from suppositories

- Manual evacuation

- Aperients





## Timing of Bowel Care



Clients will have an established 'routine' for their bowel care.

It is important to find out how/when they have their bowel care.

Most clients will have their bowel care done in the morning BUT check, some may prefer evenings.

Bowel Care may be done either daily or alternate days- depending on the clients routine.

**\*\* It is vital that you stick to the routine.\*\***

## Practical Tips

- A hot drink prior to bowel care will encourage the gastro-colic reflex to work.
- Gravity helps the bowels to work, sitting on a commode chair is helpful for some clients.
- When bowel care is done on the bed, positioning the client on their left side with their legs in a 'running' position is preferable.

# Insertion of Suppositories

- Position client.
  - Wash hands and put on disposable gloves.
  - Place protective cover on bed.
  - Open suppositories, lubricate.
  - Insert suppositories into rectum. Leave to work-15-30 minutes.
- \*\*Ensure that suppositories are placed so that they are in contact with rectal wall and not amidst faeces.**



## Digital Stimulation and Manual Evacuation

- Insert a lubricated gloved finger into the rectum
- Slowly rotate the finger, maintaining contact with the rectal wall at all times.
- Rotate finger for 1 minute then remove finger.
- Repeat this process every 3-5 minutes for a minute each time. \*Do not repeat more than 3 times.
- Each time finger is inserted into rectum (to do stimulation) remove any stools by manual evacuation.
- Remove stool by gently hooking the finger around the stool and easing it out of rectum, continue to do this until all stools removed.
- After final Digital Stimulation check rectum is completely empty

# Complications from bowel care

- Autonomic Dysreflexia
- Anal fissures - a small tear or ulcer in lining of the anus.
- Haemorrhoids - swellings that contain enlarged blood vessels in the rectum and anus.
- Diarrhoea - passing of very loose stools
- Constipation - not emptying the bowel as normal due to hard or lumpy faeces