

Appendix S: Sample Bowel Protocols

Parkview Manor Health Care Centre – Healthy Bowel Protocol

Resident name: _____

Admission date: _____

Pertinent medical conditions that may contribute to constipation: _____

# of days with no BM	Dietary intervention (BID)	Stimulant laxative (oral)	Ducolax suppository	Fleet enema	Assess bowel sounds, pain, distention, palpate	Consult with MD
1						
2						
3						
4						If no BM pc fleet

Preferred dietary intervention to be given each day with no BM

- Prunes
- Extra flax
- Apple slices
- Other
- Prune juice
- Banana
- Apple sauce

Stimulant laxative to be given on day 2 of no BM:

Senekot 8.6 mg 2 tabs by mouth once daily at supper _____ or bed time _____

Bisacodyl 5 mg 1 tab once daily at supper _____ or bed time _____

Ducolax suppository: insert one suppository per rectum once daily on day 3 no BM

Fleet enema to be administered per rectum once daily on day 4 no BM

DO NOT initiate bowel protocol if:

- a) bowel sounds are not heard
- b) abdominal mass is palpated that is of unknown origin
- c) significant change in resident's level of consciousness or mental status
- d) resident complains (or shows signs of) severe abdominal pain

If bowel protocol is used twice in a 4 week period, refer to dietitian to review dietary interventions .

MD signature: _____ Date: _____

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MEDICAL DIRECTIVES

RESIDENT: _____ ROOM # _____

ALLERGIES: _____

The Medication listed below may be administered by an RN/RPN for the symptoms indicated and for the time period stated *without* notifying the Doctor. The time, reason and effect of the medication will be charted in the Progress Notes. The actual medication will be written on the MAR followed by the words "Medical Directive." For homes with eMar, enter the order into the Physician's Order Section in PCC. These Medical Directives will be reviewed annually by the Home's Professional Advisory Committee (PAC). The Attending Physician/NP will review the Medical Directives for each resident with the Quarterly Medication Review (QMR).

Note: Please indicate the medical directives chosen for this resident, by placing a checkmark in the far left column.

✓	CONDITION	INDICATIONS	MEDICAL DIRECTIVE
	Constipation	2 days no bowel movement ■ Bowel assessment must be completed and bowel sounds present	Offer prune juice at breakfast If ineffective provide Senokot (sennoside) 8.6mg. Administer 2 tablets by mouth at bedtime X1
		3 days no bowel movement ■ Bowel assessment must be complete and bowel sounds present	Lactulose 30ml to 45ml PO in the morning OR Milk of Magnesia 30ml in the morning AND, if not ineffective, Dulcolax suppository per rectum at bedtime x 1
		4 days no bowel movement ■ To be administered 1 day after lactulose or Milk of Magnesia and Dulcolax suppository ■ Bowel assessment must be complete and bowel sounds present	Sodium phosphate enema (Fleet) rectally x 1. Notify physician/NP if ineffective after 12 hours. Notify Physician/NP to review regular laxatives.

Prescriber's Signature: _____ Date: _____

Registered Nurse Signature: _____ Date: _____

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