

Bowel Protocol

Day 1 (typical day with BM)

1 cap (17 grams) Polyethylene Glycol daily

1-2 tsp Benefiber daily

Day 2 after no BM on Day 1

Continue 1 cap (17 grams) Polyethylene Glycol daily; 1-2 tsp Benefiber daily

Add 1 cap (17 grams) Polyethelene Glycol in afternoon (total of 1 cap am and 1 cap pm)

Day 3 after no BM on Day 2

Continue 1 cap (17 grams) Polyethylene Glycol daily; 1-2 tsp Benefiber daily

Give 1 cap (17 grams) Polyethelene Glycol in afternoon (total of 1 cap am and 1 cap pm)

Add Milk of Magnesia 30 ml in the am

Day 4 after no BM on Day 3

Continue 1 cap (17 grams) Polyethylene Glycol daily; 1-2 tsp Benefiber daily

Give 1 cap (17 grams) Polyethelene Glycol in afternoon (total of 1 cap am and 1 cap pm)

Give Milk of Magnesia 30 ml in the am

If no BM by 4 PM, give 10 mg bisacodyl tablet

Day 5 after no BM on Day 4

Continue 1 cap (17 grams) Polyethylene Glycol daily; 1-2 tsp Benefiber daily

Add 1 cap (17 grams) Polyethelene Glycol in afternoon (total of 1 cap am and 1 cap pm)

Give Milk of Magnesia 30 ml in the am

Add Magnesium Citrate – 1 bottle at 4 PM

If no BM by 8 PM, give bisacodyl suppository.

If constipation is accompanied by unusual lack of appetite or vomiting, call the doctor or take him to urgent care. Make sure to document BMs carefully. Staff should always be aware of which day of the protocol the client is on.

