Bowel Care: Tips for Success

Introduction

This lesson will list some simple tips to keep the bowel working well and hopefully prevent bowel problems such as diarrhea, constipation and accidents.

Stay on schedule. Do the bowel program at the same time each time.

Do the bowel program as you learned it in rehabilitation.

Try doing the bowel program 30 minutes after a meal. This may help with emptying.

Massage the abdomen during the bowel program.

Do not take laxatives or enemas unless your doctor tells you to do so.

Drink 6-8 glasses of water daily.

Eat a balanced diet that includes fruit, vegetables, and whole grain foods.

Drink a hot/warm drink like coffee or tea 30 minutes before the bowel program. Sometimes a warm beverage helps the bowel to empty.

Do not skip bowel programs or do them "halfway". This can cause constipation and bowel accidents.

Avoid foods that cause diarrhea (spicy foods, alcoholic drinks)

Avoid or limit foods that cause constipation (milk and dairy products, white breads, fatty foods, fried foods).

Exercise (as ok for your health) regularly.