Outline Plan for Reflex Bowel Programme

Daily or alternate day at a regular time
Attention to diet
Regular medications for stool consistency if required
Stool consistency Bristol Scale Type 4

Stimulant laxatives 8 -12 hours before planned bowel care if required
Hot drink and / or food 20 - 30 minutes before bowel care

(Gastrocolic Reflex)

Insert suppositories / enemas

(Abdominal Massage)

Digital Rectal Stimulation (DRS)

Digital Removal of Faeces (DRF) if required

Digital Rectal Examination to check if evacuation complete

(Brackets = adjunctive interventions)
Outline Plan for Areflexic/Flaccid Bowel Programme

Daily or twice daily at regular times
Attention to diet
Regular medications for stool consistency if required
Stool consistency Bristol Scale Type 2 - 3

Stimulant laxatives 8 -12 hours before planned bowel care if required
Hot drink and/or food 20-30 minutes before bowel care

(Gastrocolic Reflex)

(Abdominal Massage)

Digital Removal of Faeces (DRF) if required

Digital Rectal Examination to check if evacuation complete

(Brackets = adjunctive interventions)