

# Bowel Program for Neurogenic Bowel

## Neurogenic Bowel

Messages travel between your brain and digestive system through nerves. When the nerves are damaged, those messages are blocked.

This means your body has trouble storing and removing stool from your intestines, keeping your bowels from working the way they should. This is known as a neurogenic bowel.

The goal of a bowel program is to train your body to empty your bowel to prevent incontinence. Doing the bowel program at the same time every day is important.

## How to Treat a Neurogenic Bowel

You will need to use a suppository or enema to help clear stool as often as your doctor recommends. Follow the directions for the suppository or enema below.

- Eat a snack, drink, or meal 30 minutes before starting your bowel program.
- Wash your hands or wear non-sterile gloves.
- Lie on your left side in bed.
- Check your rectum for stool 30 minutes after eating or drinking. Insert a lubricated finger into your rectum to make sure that you

do not feel stool. If you feel stool, remove the stool by making your finger into hook and pulling out the stool.

- Using lubricating jelly, insert a suppository or give yourself an enema.
- Wait 10 minutes.
- Insert your index finger into your rectum. Move your finger in a circular motion to stretch the rectum. (Do this 3 times around each time. Do this 3 to 5 minutes apart for a total of 3 times.)
- After the third time, check your rectum for stool. If you still have stool, repeat the stimulation up to 2 times, 5 minutes apart. If you still have stool, manually remove it until your rectum is empty.
- Complete your hygiene.
- Wash your hands.
- It is recommended you allow 5 days between changes to medicines or timing of medicines for the bowel program.
- Take other medicines as directed by your health care provider.
- Call your health care provider if you don't have a bowel movement in 3 days.

### Suppository



A suppository is inserted into your rectum. Use your smart phone to scan the QR code to read step-by-step directions to learn how to insert a suppository.

### Enemeez® enema



An enema comes in a compact application tube. Use your smart phone to scan the QR code to watch a short video or read directions to learn how to use Enemeez.