



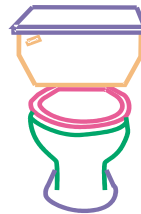
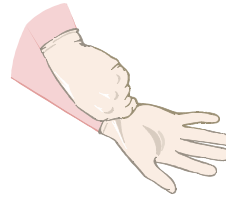
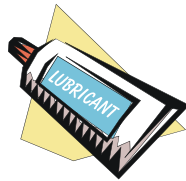
How to Do Manual Bowel Evacuation

THIS HOME PROCEDURE WILL TELL YOU:

1. What you will need.
2. Why, when, and where to do manual bowel evacuation.
3. How you do manual bowel evacuation.
4. What not to do.
5. What to do when something is wrong.
6. What else you need to know.

WHAT WILL I NEED?

1. Gloves.
2. Lubricating jelly.
3. Padded toilet seat, or padded commode chair, or protective pad.
4. Soap, water, towel, and washcloth.



WHY DO MANUAL EVACUATION?

- To remove stool from the lower bowel.

WHEN DO I DO IT?

1. Choose a time that is best for you.
2. Do it at the same time of day, as part of your regular bowel program.



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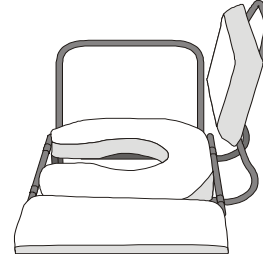
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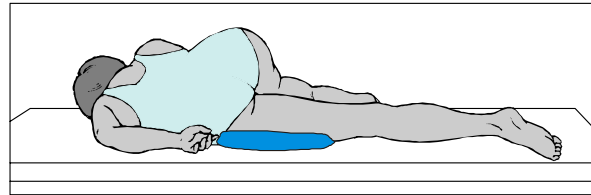
3. You can do it every day, every other day, or every 3 days, whatever your bowel program routine is.
4. Whenever you need to relieve constipation or remove an impaction.

WHERE DO I DO IT?

1. Sit on a toilet or commode chair for best results, or

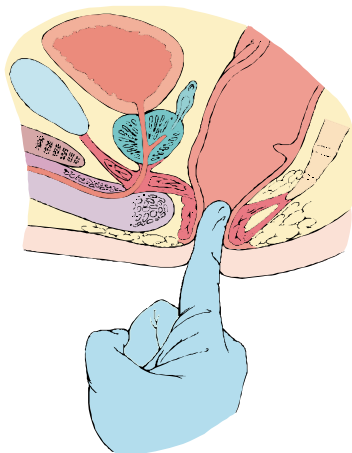
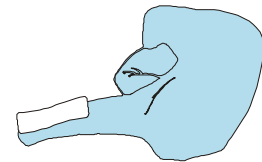


2. Lie on your left side with a protective pad under your hips.



HOW DO I DO MANUAL BOWEL EVACUATION?

1. Put on a glove.
2. Lubricate covered finger.
3. Put finger into the rectum.
4. Gently remove any stool within your reach.



5. Repeat steps 3 and 4 until rectum is empty.



6. Remove and throw away glove and any soiled padding.

7. Wash and dry buttocks (bottom).

8. Wash and dry your hands.



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HOW DO I KNOW SOMETHING IS WRONG?

The stool is hard and difficult to pass.

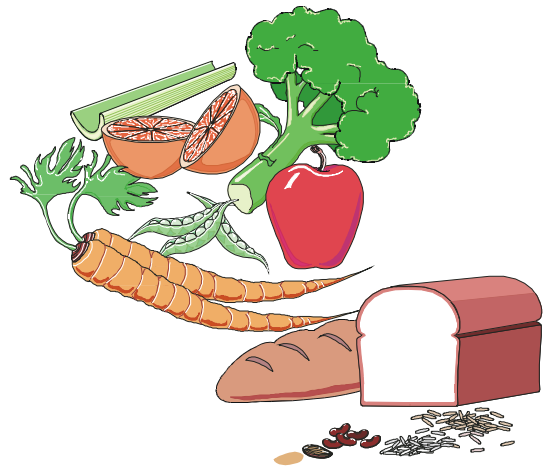
WHAT DO I DO?

1. Drink _____ quarts of fluids everyday.

- Water
- Juice
- Milk
- Tea

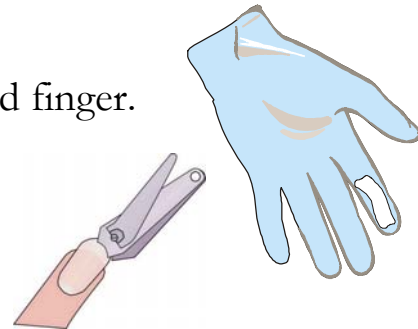


2. Eat fresh fruits and vegetables.
Eat whole grain breads and cereals,
and other foods that are high in fiber
(or roughage).



3. Take a stool softener, such as:
_____.

4. Use plenty of lubricant on the glove-covered finger.
Keep your fingernails trimmed.



5. If you are not better in 4 days,
call: _____ **Monday - Friday, 8:00 AM - 4:00 PM.**
At nights, on weekends, and Holidays, call **(562) 401-7111.**



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IS THERE ANYTHING ELSE I NEED TO KNOW?

1. **Be gentle** to avoid injury.
2. **Don't skip** a bowel program day.
You can become constipated or impacted.
3. If you have no feeling in your buttocks, use a padded toilet seat or padded commode chair to prevent pressure areas.



- Don't sit more than **20 minutes** without doing a **pressure relief**.
 - Don't sit for more than **1 hour**.
 - **Don't sit on a bedpan.** The pressure will damage your skin.
4. If you are a person with spinal cord injury, constipation and/or stretching of the rectum may cause **dysreflexia***.
This is dangerous and should be avoided. (See Dysreflexia handout.)

* **Dysreflexia** can happen if the person's spinal cord injury is above the **6th thoracic level**.

The symptoms are:

- Elevated blood pressure: 20 mm Hg. above the person's normal blood pressure.
- Pounding headache
- Excessive sweating above the level of injury
- The heart rate becomes slower
- Goose bumps
- Flushing above the level of injury
- Chills without fever
- Stuffy nose
- Blurred vision

Disclaimer: Information presented on this page is for specific health educational purposes only. Persons should consult qualified health professionals regarding specific medical concerns or treatment. Each clinician caring for the patient is responsible for determining the most appropriate care.

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