

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

What is Bowel Incontinence?

- Not being able to control a bowel movement from the rectum
- Bowel incontinence has many causes. Some of these include:
 - Weakness of the anal muscle
 - Not moving around
 - Nervous system disorders
 - Mental confusion
 - Other factors include:
 - Long-term use of laxatives
 - Not enough fluid intake
 - Lack of exercise
 - Hemorrhoids
 - Sedation
 - Very hard stool

What are the Signs and Symptoms?

- Loosing control of a bowel movement
- Blockage of bowel contents.
- Nonstop oozing of loose stools
- Cramping and loss of appetite

What to Report your Nurse:

- Color, looseness and odor of the stool
- Abdominal discomfort, cramping or bloating
- Medications and diet history
- Changes in activity level

What can be done for Bowel Incontinence?

- Take in enough fluids and fiber if possible
- Provide ample time and privacy during toileting
- Keep skin clean and dry to prevent break down and odors. Avoid baby powder and cornstarch
- Wear lose fitting clothing to allow for air flow
- Control odors with fresh air and room deodorizers
- Wear protective garments
- Avoid foods that can act as laxatives. These include caffeine, alcohol, diet soda or artificial sweeteners

Adapted from the Hospice and Palliative Nurse Association's Patient Teaching sheets

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.
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