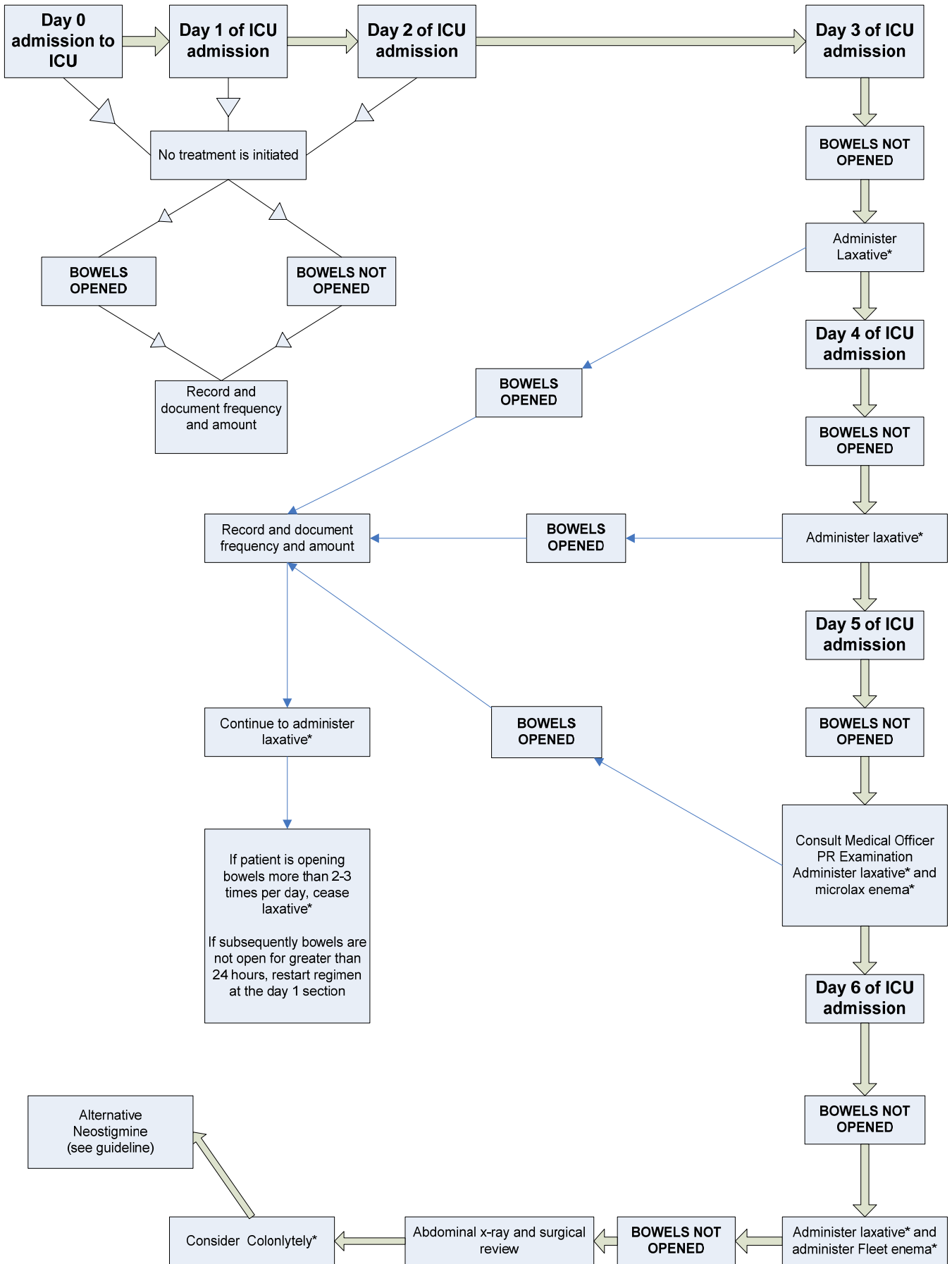


Guideline Approved for John Hunter Hospital, Intensive Care and High Dependency only.

John Hunter Hospital, Intensive Care Adult Bowel Management
 (do not follow this flow diagram until you have read the explanatory notes – attachment A)



Attachment A

Bowel Management Guidelines for Adults (age greater than 16 years) Admitted to Intensive Care (explanatory notes)

Special Considerations

This guideline does not apply to adults

- Who have had recent gastro-intestinal surgery
- Who have signs or symptoms of an ileus
- Who are excluded by a medical officer

Although the medications recommended in this guideline are listed as nurse initiated they should not be administered to an adult in the Intensive Care unless prescribed by a Medical Officer.

Opiate Infusions

Consideration must be given to any adult receiving an opiate infusion for greater than 24 hours commencing laxatives earlier than day three.

Laxatives* (see flow diagram)

Adults should be administered **Movicol** at the following rate (note the dose escalates with each day of therapy). The onset of action is usually 24-72 hours.

Day of Movicol half administration	Age greater than 16 years
Day one dose	1 sachet daily
Day two dose	2 sachets b.d.
Day three dose	3 sachets b.d.

Each sachet of movicol should be mixed with 125mL of water prior to oral or gastric tube administration. The volume of fluid used to dissolve each sachet **must be** adhered to. The volume of fluid administered **is not counted in the fluid balance chart** as it is virtually unabsorbed from the gastrointestinal tract.

Microlax Enema* (see flow diagram)

In adults, the full length of the nozzle is inserted into the patient's rectum and the full dose of the microlax enema (5mls) is administered. The onset of action is usually 10-30 minutes.

Fleet Enema* (see flow diagram)

In adults, the full length of the nozzle is inserted into the patient's rectum and the full dose of the fleet enema (118mls) is administered. The onset of action is usually 5-10 minutes.

Colonytely* (see flow diagram)

In adults, one sachet of colonytely is dissolved in one litre of water prior to oral or gastric tube administration. The volume of fluid used to dissolve each sachet **must be** adhered to. The litre of fluid is administered at a rate of 20-30 mls a minute (or over one hour). The volume of fluid administered **is not counted in the fluid balance chart** as it is virtually unabsorbed from the gastrointestinal tract. The onset of action is usually 1 hour.

Rectal examination

This should not be performed without consulting the Intensive Care Medical Team.

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