

## DECISION ALGORITHM FOR CLIENT BOWEL CARE

### CONSTIPATION:

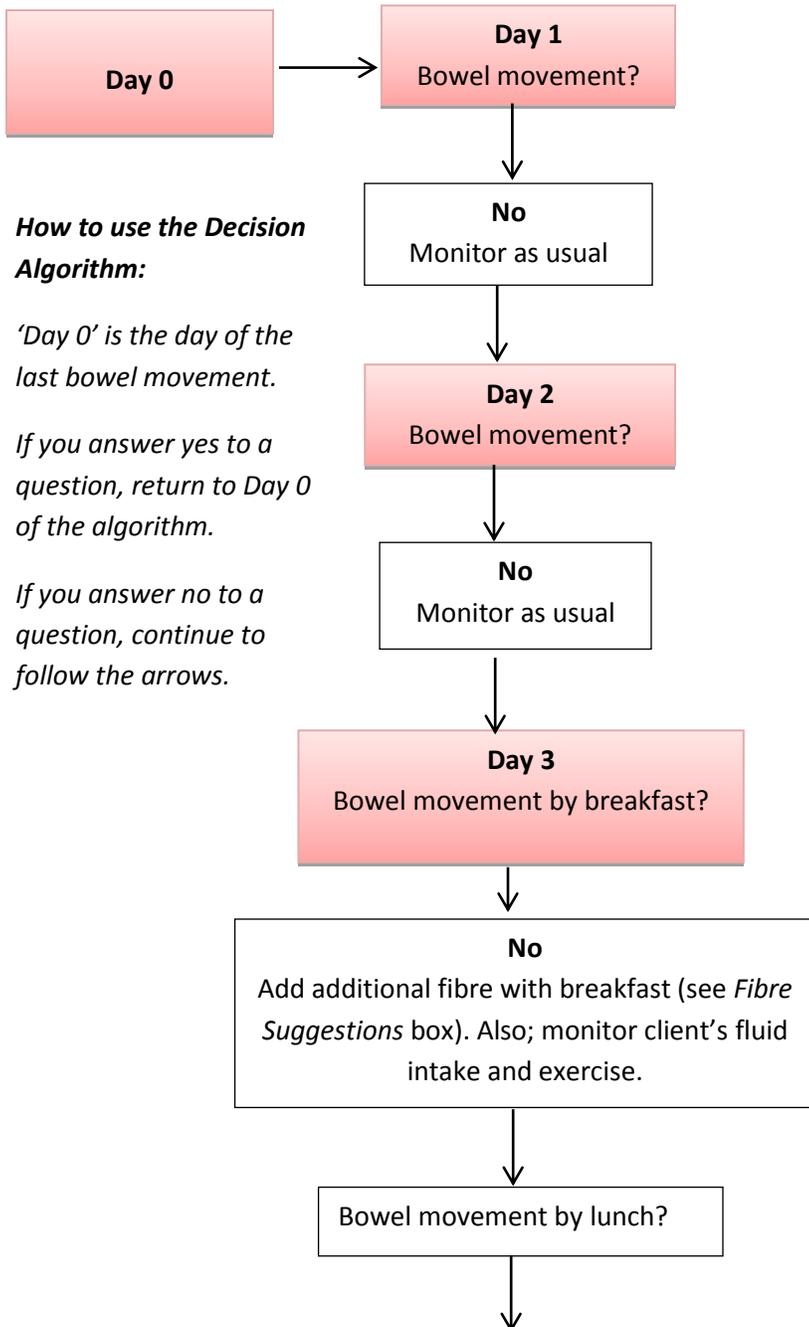
A decrease in a person's normal frequency of defecation, accompanied by difficult or incomplete passage of stool and/or passage of excessively hard stool.

### PREVENTION:

1. Fluid
2. Fibre
3. Exercise
4. Toileting

### STEP APPROACH:

1. Dietary Fibre
2. Stool Softeners
3. Osmotic Laxatives
4. Stimulants
5. Suppository Enema



### **How to use the Decision Algorithm:**

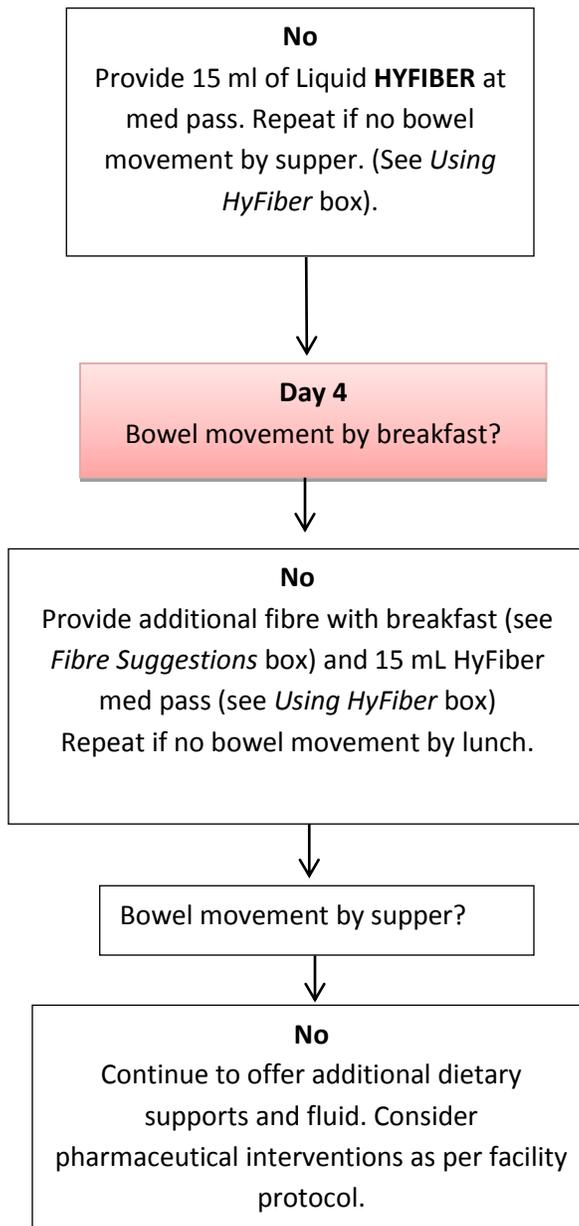
*'Day 0' is the day of the last bowel movement.*

*If you answer yes to a question, return to Day 0 of the algorithm.*

*If you answer no to a question, continue to follow the arrows.*

Valley flax flour and other additional fibre sources should be incorporated into the daily diet to provide fibre to the recommended intake. This will result in increased bulk and decreased hardness of the stool, and reduced transit time. Regular use of these products should reduce and may eliminate the need for laxatives, stool softeners and enemas.

If a client does become constipated, supplement with additional sources of natural fibre, whenever possible, before resorting to pharmaceutical treatments.



### FIBRE SUGGESTIONS

When clients experience constipation, increase the amount of fibre in their diet by offering them one or more of the following:

- Fruitlax smoothie; flax muffin;
- 5-6 stewed prunes, rehydrated (can be offered 3-5 times per day);
- Juice with 1-2 tablespoons flax added;
- Extra serving of Fruitlax with meal (e.g. on toast, in cereal);
- Flax and Fruit smoothie.

**\*\*Ensure additional fluid is offered with increased fibre and monitor client's fluid intake.**

### USING HYFIBER

- When using liquid fibre, start with 15ml as a med pass (or added to the client's beverage if preferred).

- Liquid fibre can be taken up to four times per day if needed. It is best to start by taking 15 ml once or twice per day and increasing on subsequent days if a bowel movement still has not occurred.

- For individuals experiencing chronic constipation, liquid fibre can be provided on a daily basis in amounts of 15ml, two to four times per day as required.

**\*\*Do not exceed 120 ml per day.**