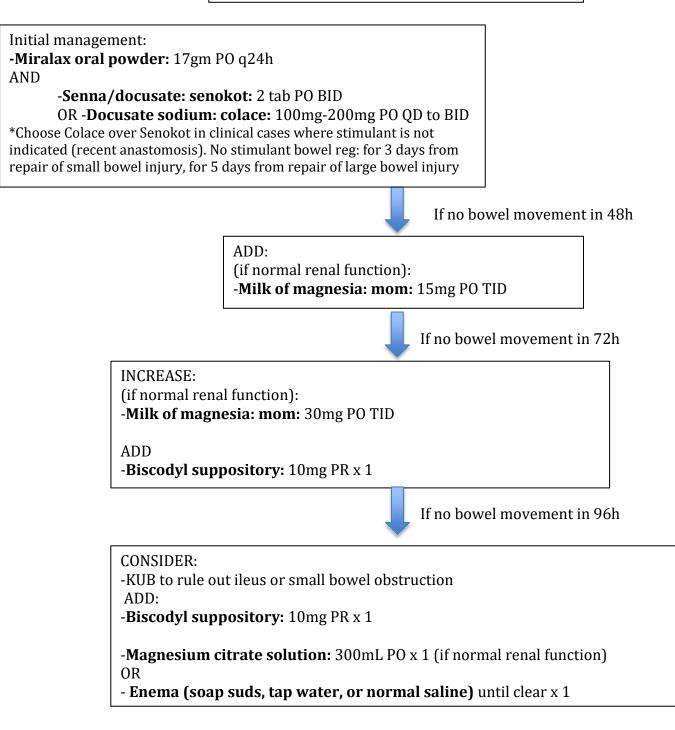


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Bowel Regimen Recommendations for Functioning Gastrointestinal (GI) Tract:

Pharmacologic Classes: Miralax: Osmotic laxative Senna/docusate: Stimulant laxative with stool softener Colace: Stool softener Milk of Magnesia: Osmotic laxative Biscodyl suppository: Stimulant laxative Magnesium citrate: Saline laxative





MEDICAL CENTER

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MONITOR PHYSICAL EXAM:

If patient has the following symptoms in addition to constipation:

- Increased abdominal distention/discomfort/firmness
- Decreased or minimal flatus
- Increased belching or hiccupping
- Nausea or vomiting

-Obtain KUB to assess for ileus or obstruction

Bowel Regimen Recommendations for a Non-Functioning Gastrointestinal (GI) Tract

If an ileus is present based on clinical presentation or imaging:

- Place NG tube to low wall suction and monitor NG tube output
- Make patient NPO
- Initiate maintenance IV fluids while NPO
- Monitor electrolytes prn while NPO
- Continue per rectal bowel regimen
- Encourage ambulation if appropriate
- KUB prn to monitor bowel gas pattern
- Discontinue or limit offending medications (e.g. opioids, anticholinergics, dopamine agonists, anti-serotonergics)
- Consider neostigmine if Ogilvie's Syndrome on imaging (can only be administered on 10N) **USE CAUTION IN PATIENTS WITH AN ANASTOMOSIS**
- Although no current RCTs, one may consider the use of methylnaltrexone 12mg SQ x 1 dose for postoperative ileus if no obstruction confirmed on imaging (may give one additional dose 24h after 1st dose if no resolution)- **DISCUSS WITH ATTENDING PHYSICIAN BEFORE ORDERING**
 - Single center, retrospective cohort study was conducted at Vanderbilt looking at the efficacy and safety of methylnaltrexone for the treatment of post-operative ileus (dosing extrapolated from trial using for treatment of opioid-induced constipation
 - Did not show difference in efficacy compared to those who did not receive therapy
 - Did not show difference in safety

USE CAUTION IN PATIENTS WITH AN ANASTOMOSIS

References:

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http://www.usaisr.amedd.army.mil/cpgs/Nutrition Enteral Parenteral Support 04 Aug 2 016.pdf

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Gathers K, Fawad K, Petros K. Evaluation of methylnaltrexone bromide for the treatment of postoperative ileus. *Crit Care Med.* 2013;41(12):929.

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