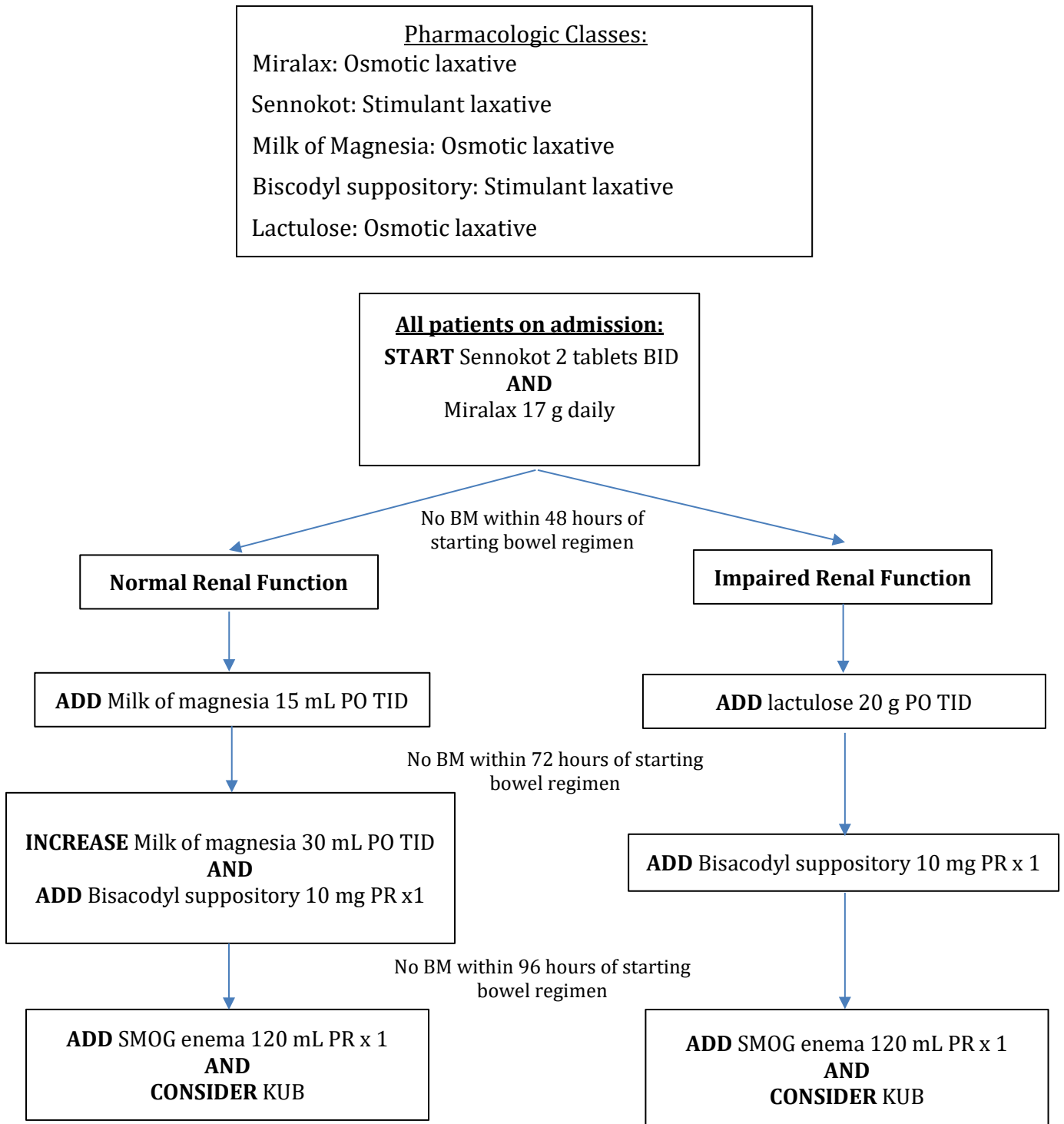


## Bowel Regimen Recommendations for Functioning Gastrointestinal Tract:



### **MONITOR PHYSICAL EXAM:**

Obtain KUB to assess for ileus or obstruction if patient has the following symptoms in addition to constipation:

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

### **BOWEL REGIMEN RECOMMENDATIONS FOR A NON-FUNCTIONING GASTROINTESTINAL 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**
- Consider oral naloxone for postoperative ileus or opioid induced constipation in patients who have been receiving narcotics
  - o Initial dose: 2 mg PO TID
  - o Max dose: 4 mg PO TID
  - o Max total duration: 48 hours
  - o Monitor for opioid reversal especially in patients with liver disease
- Consider the use of methylnaltrexone 12mg SQ x 1 dose for postoperative ileus if no obstruction confirmed on imaging and failed oral naloxone (may give one additional dose 24h after 1<sup>st</sup> dose if no resolution)
  - o **DISCUSS WITH ATTENDING PHYSICIAN BEFORE ORDERING**
  - o **USE CAUTION IN PATIENTS WITH AN ANASTOMOSIS**

### **RECOMMENDATIONS FOR DIARRHEA:**

- Ensure bowel regimen is stopped
- Monitor electrolytes
- If *C. difficile* is negative:
  - o Imodium 4 mg q6h prn
  - o Fiber
    - No feeding tube: Psyllium 2 caps daily (max of 5 caps QID)
    - Feeding tubes: Nutrisource fiber – 1 packet daily (max of 6 packets/day; found in tube feed order)
    - Increase dose and frequency as needed

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