

VANDERBILT UNIVERSITY MEDICAL CENTER
DIVISION OF TRAUMA AND SURGICAL CRITICAL CARE

Trauma Bowel Regimen- Revised 2017

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

Initial management:

-Miralax oral powder: 17gm PO q24h

AND

-Senna/docusate: senokot s: 2tab PO BID

OR **-Docusate sodium: colace:** 100mg-200mg PO QD to BID

*Choose Colace over Senokot in clinical cases where stimulant is not indicated (recent anastomosis). No stimulant bowel reg: for 3 days from repair of small bowel injury, for 5 days from repair of large bowel injury

If no bowel movement in 48h

ADD:

(if normal renal function):

-Milk of magnesia: mom: 15mg PO TID

If no bowel movement in 72h

INCREASE:

(if normal renal function):

-Milk of magnesia: mom: 30mg PO TID

ADD

-Biscodyl suppository: 10mg PR x 1

If no bowel movement in 96h

CONSIDER:

-KUB to rule out ileus or small bowel obstruction

ADD:

-Biscodyl suppository: 10mg PR x 1

-Magnesium citrate solution: 300mL PO x 1 (if normal renal function)

OR

- Enema (soap suds, tap water, or normal saline) until clear x 1

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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 hiccapping
- Nausea or vomiting

-Obtain KUB to assess for ileus or obstruction

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

- Place NG tube to low wall suction
- Make patient NPO
- Initiate maintenance IV fluids while NPO
- Monitor electrolytes prn while NPO
- Monitor NG tube output
- Continue per rectal bowel regimen
- Encourage ambulation if appropriate
- KUB prn to monitor bowel gas pattern

[http://www.lhsc.on.ca/Health_Professionals/LRCP/Oncology Practice Guidelines/Constipation.pdf](http://www.lhsc.on.ca/Health_Professionals/LRCP/Oncology_Practice_Guidelines/Constipation.pdf)

[http://www.usaisr.amedd.army.mil/cpgs/Nutrition_Entereral Parenteral Support_04_Aug_2016.pdf](http://www.usaisr.amedd.army.mil/cpgs/Nutrition_Entereral_Parenteral_Support_04_Aug_2016.pdf)

<http://www.mc.uky.edu/traumaservices/TraumaProtocolManualfinal2012Word.pdf>