Individual Bowel Program Worksheet

Clean out:

☐ Admit to hospital for clean out with GoLYTELY
☐ Miralax
  ☐ 1 scoop in 8 oz of liquid 3 times per day for _____ days
  ☐ 1/2 of a scoop in 4 oz of liquid 3 times per day for _____ days
☐ Mineral oil
  ☐ ______ oz _______ times per day for _______ days
☐ Magnesium citrate (Mg Citrate)
  ☐ 1/2 bottle (150 ml’ s) at bedtime for _____ nights
  ☐ 1 bottle (300 ml’ s) at bedtime for _____ nights
☐ Other__________________________________________

Maintenance:

☐ Medication
  ☐ Miralax
    ☐ 1 scoop in 8 oz
    ☐ 1/2 scoop in 4 oz liquid
    ☐ ________ teaspoons in _____ oz liquid
    ☐ Other__________________________

☐ Lactulose
  ☐ ______teaspoon(s)
  ☐ ______tablespoon(s)

☐ Other__________________________________________

☐ Fiber
  ☐ Wafers
  ☐ Tablet/ Capsule
  ☐ Powder

  ☐ 1/2 the recommended adult dose with 4 oz of liquid
  ☐ 1 full recommended adult dose with 8 oz liquid
  ☐ ______teaspoons with _____________ ounces of liquid

☐ Every morning ☐ every night

☐ Daily Sit (see handout for enema and suppository administration instruction)
  ☐ Fleet’s enema
    ☐ Pediatric
    ☐ Adult
  ☐ Suppository
    ☐ Glycerin
    ☐ Ducolax

☐ Have your child sit on the toilet for 15 to 20
  ☐ After dinner ☐ after lunch ☐ after breakfast ☐ after snack at ________

☐ Document all continent stools that occur at desired time and document all accidents and bring log with you to your next appointment.

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