Rainy Lake MEDICAL CENTER
In association with SMDC Health System

ONCOLOGY BOWEL MANAGEMENT PROGRAM

Original Date	08/2007	Revision Date		Withdrawn Date	

This is a daily bowel management program for the prevention of constipation.

Use this program if you are taking narcotic pain medications, or have been told you are at risk for constipation from other medications, treatments, or disease effects.

Begin: Ducosate Sodium, Senna (Senokot-S)*: 2 tablets at bedtime.
If no bowel movement occurs within your normal pattern, go to Level 1.

Level 1: Ducosate Sodium, Senna (Senokot-S)*: 2 tablets twice daily.
If no bowel movement within your normal pattern, go Level 2.

Level 2: Ducosate Sodium, Senna (Senokot-S)*: 3 tablets twice daily.
May add Milk of Magnesia 1 ounce if you normally have daily bowel movements.

- If you have stools more frequently than your usual pattern, decrease Senokot-S* by one half
- If you have more than 1 loose stool in 1 day, do not take the Senokot-S* for 1 day.
- If you have no bowel movement for 3 days, or more than 3 loose stools in 1 day, call your doctor.

Additional Instructions:

Increase fluid intake as tolerated (8 - 8 ounce glasses of non-caffeine liquids daily).

Regular exercise as tolerated (walking, moving from bed to chair, or exercises in bed).

Increase fiber in diet if tolerated.

***Generic forms of Senokot-S are available and less expensive. Ask your pharmacist or nurse for assistance.**

_____ ____/____/____ _____:_____
Physician Signature Date Time

PATIENT STICKER