

# PREPARING FOR BOWEL MANAGEMENT

Colorectal & Pelvic Reconstructive  
Surgery Division



**Children's National**

**YOUR CHILD IS SCHEDULED TO PARTICIPATE IN A BOWEL MANAGEMENT PROGRAM NEXT WEEK. IN ORDER TO SET YOUR CHILD UP FOR SUCCESS, PLEASE READ OVER THE FOLLOWING.**

1

Your child will be going through the laxative or enema program depending on their anatomy, medical history, age and goals. The decision to do enemas or laxatives may have already been discussed with you during your child's intake process, but not always. If you are unsure if your child will be starting laxatives or enemas, please do not worry. You and your provider will soon be determining what is best for your child and our team will make sure that you have the information and resources needed to be successful.

2

Your child may be receiving a contrast enema the day prior or the day of their first bowel management appointment. The contrast fluid administered in this study can have a laxative effect so please be prepared with extra diapers, pull-ups or underwear on the day of the study.

3

If your child is currently on a medication or enema/flush regimen, please continue this until your clinic visit.

4

Patients currently on a flush or enema regimen should administer their current flush the night before or the morning of (depending on your typical administration schedule) your clinic visit.

5

If your child is currently on a medication regimen, please continue this regimen up until the day before your appointment.



6

If your child is coming for a laxative trial, we would like you to start the administration of fiber supplementation on the Tuesday prior to your first visit. This medication is to help "bulk" your child's stool in preparation for starting laxatives because laxatives often cause loose stools. Fiber takes up to 3 days to have any effect, however, so we like you to start it in advance. Please follow guidelines below.



Water soluble fiber includes Nutrisource, Metamucil, Citrucel or Pectin



If your child is greater than 5 years of age-please administer 2 grams of fiber twice per day (once in the morning and once in the evening)



If your child is less than 5 years of age-please administer 2 grams of fiber daily

7

Patients who are not currently on any medications, that is okay. Your provider will be discussing with you how to best start your child's regimen once they see you.

8

As mentioned in your itinerary, your first bowel management clinic visit will be on a Friday. You will have an abdominal x-ray prior to this visit so that we can establish a baseline for your child. We will then determine the correct starting regimen for your child to begin over the weekend.

**For any housing or travel concerns, please contact our representatives at [Drbearslodging@childrensnational.org](mailto:Drbearslodging@childrensnational.org) who would be more than happy to assist your family.**

If you have any questions or concerns about this process prior to your scheduled bowel management week, please reach out to our clinical team at

**[CNCCNurse@childrensnational.org](mailto:CNCCNurse@childrensnational.org)**

**202-476-2656.**



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