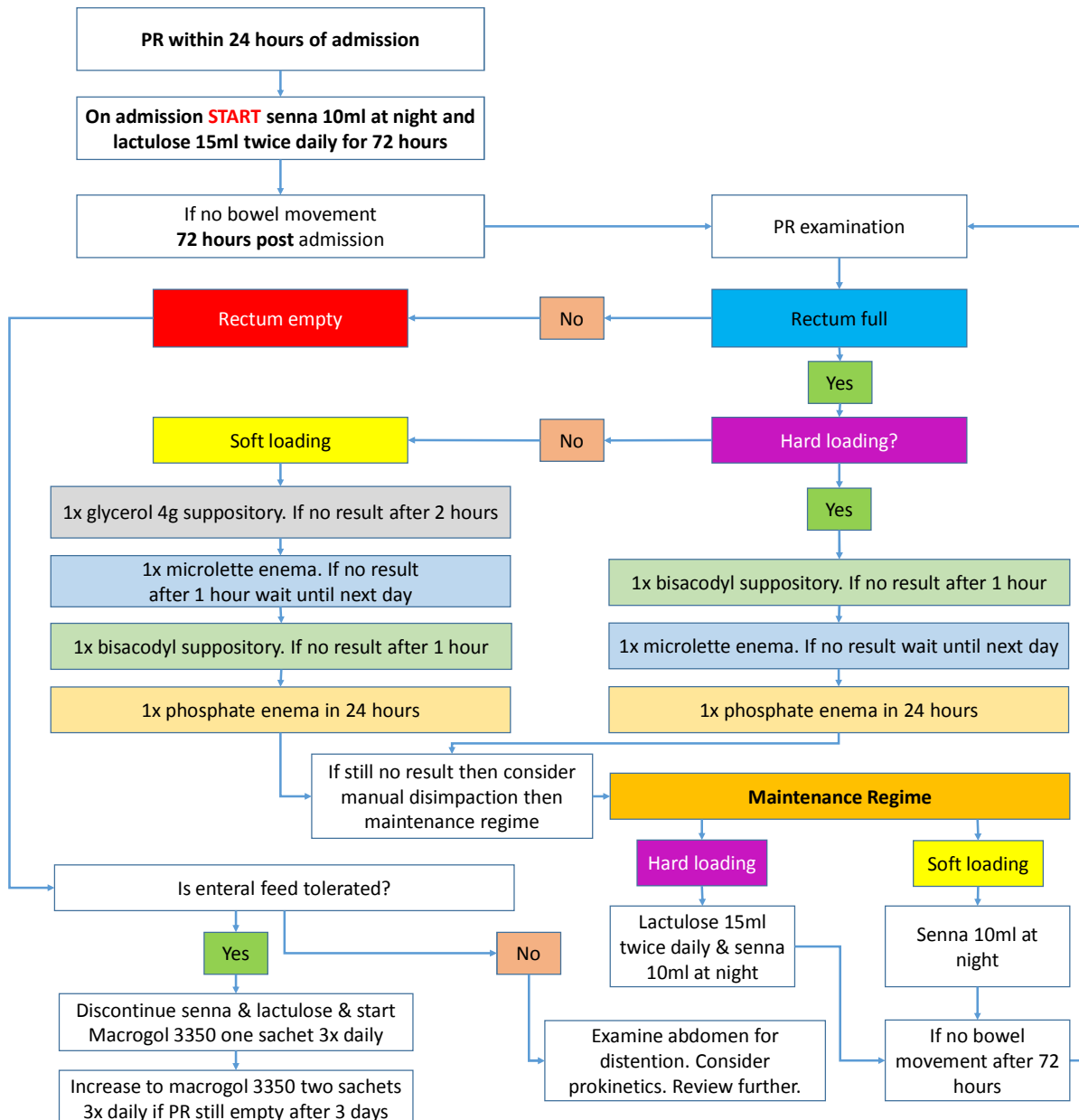


## Guidelines for Treatment of Constipation

- **On Admission** – **PR within 24 hours** of admission
- **Commence senna 10ml at night & lactulose 15ml twice daily for 72 hours**
- **Aim** – The comfortable passage of soft formed stool at intervals of no more than 3 days

### **Factors to consider:**

1. Feeding – If on TPN constipation unlikely unless constipated pre-admission. If enterally fed aim for normal bowel habit.
2. If post abdominal surgery/trauma then discuss bowel management with surgeons.
3. Review appropriateness of laxative if there are signs or symptoms of obstruction.



## Spinal Bowel Protocol

In neurological conditions predisposing to an atonic gut use prophylactic laxatives from admission. If no bowel opening in 72 hours stop glycerol suppository, change lactulose to Macrogol 1 three times daily (increasing after 48hours to 2 sachets three times daily if no result) and perform daily PRs and follow Guideline for Treatment of Constipation guidance depending on whether PR full or empty. Once bowels opening in a satisfactory way resume spinal bowel protocol.

Senna 10ml (2 tablets) - Sunday, Tuesday and Thursday night  
Glycerol 4g suppository - Monday, Wednesday and Friday morning  
Lactulose 10ml twice daily

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