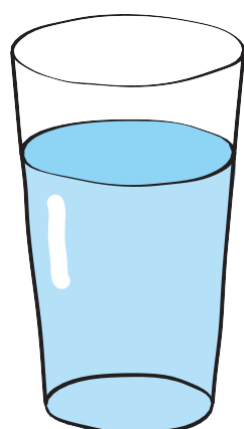


Bowel Management Guidelines

For Patients having Hip or Knee Replacement Surgery

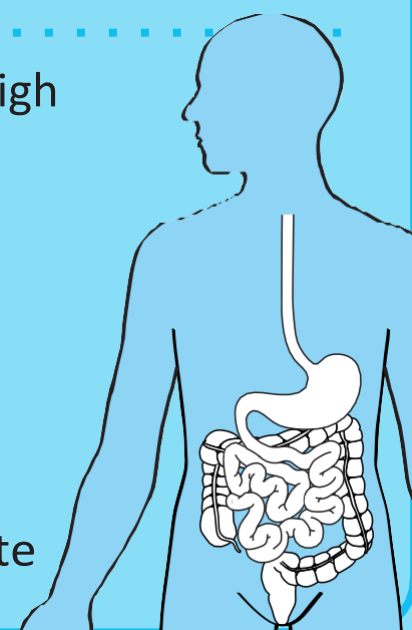
Day of surgery

- Keep hydrated allowing for minimum NBM guidelines
- Start Macrolog 1 sachet BD starting with evening meal if taken



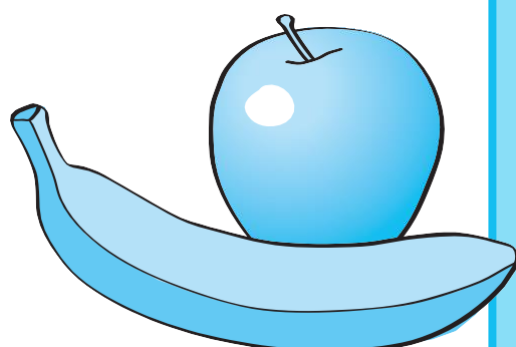
Post Op day 1 until discharge

- Encourage oral fluids/high fibre diet
- Examine abdomen for distension/tenderness/bowel sounds
- Continue Macrolog 1 sachet BD
- Start Senna 30mg Nocte

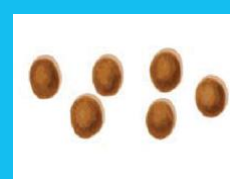


If bowels not open before discharge

- Encourage oral fluids/high fibre diet at home
- Encourage patient to reduce/stop Codeine/Opiate analgesia as soon as tolerated
- Prescribe Macrolog and Senna as TTO for 5 days/until Bowels Open
- If Bowels Not Open seek GP advice/Contact Hospital Team/Ward of discharge



Bristol stool Chart



Type 1 Severe constipation
Separate, hard lumps



Type 2 Mild constipation
Lumpy and sausage like



Type 3 Normal
A sausage shape with cracks in the surface



Type 4 Normal
Like a smooth, soft sausage or snake



Type 5 Lacking fibre
Soft blobs with clear cut edges



Type 6 Mild diarrhoea
Mushy consistency with ragged edges



Type 7 Severe diarrhoea
Liquid consistency with no solid pieces

Type 3-4 stools: Reduce laxatives to Macrolog, 1 sachet OD

Type 5-6 stools: Stop laxatives and follow diarrhoea management protocol

Patient having severe abdominal pain, no bowel sounds, distension and empty PR; seek surgical opinion