

# Bowel Management Starts Here

## Getting Started with HyFiber Liquid Laxation

### Procedure:

Review all residents at risk for constipation including those using any kind of bowel intervention program such as laxative, stool softeners and enemas.

### Are Your Residents at Risk for Constipation? (Checklist of Risk Factors)

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|---|--|---|
| <input type="checkbox"/> Loss of appetite   | <input type="checkbox"/> Overuse of laxatives, use of habit-forming laxatives. | <input type="checkbox"/> Hypothyroidism                             |
| <input type="checkbox"/> Inadequate fiber intake  |  |   |
| <input type="checkbox"/> Poor fluid intake/ dehydration   |  |   |
| <input type="checkbox"/> Chewing and/or swallowing problems   | <b>Certain Neurological, Metabolic and Endocrine, and Systemic Disorders:</b>  | <b>Systemic Disorders:</b>  |
| <input type="checkbox"/> Lack of exercise and physical activity   |  | <input type="checkbox"/> Amyloidosis                                |
| <input type="checkbox"/> Diets high in animal protein   | <b>Neurological disorders:</b>   | <input type="checkbox"/> Lupus                                      |
| <input type="checkbox"/> Tube feeding (designed to be low residual)   | <input type="checkbox"/> Multiple Sclerosis                                    | <input type="checkbox"/> Scleroderma                                |
| <input type="checkbox"/> Mechanical soft or pureed foods  | <input type="checkbox"/> Parkinson's disease                                   | <input type="checkbox"/> Kidney disease/dialysis                    |
| <input type="checkbox"/> Use of complete nutrition supplements  | <input type="checkbox"/> Stroke  |   |
| <input type="checkbox"/> Polypharmacy   | <input type="checkbox"/> Spinal cord injuries.                                 | <b>Medications:</b>   |
| <input type="checkbox"/> Consumption of only refined foods such as breads, cereals, desserts                                    | <b>Metabolic and Endocrine Conditions:</b>                                     | <input type="checkbox"/> Pain medications                           |
| <input type="checkbox"/> Consumption of fewer than 3 servings per day of fruits and fewer than 2 servings per day of vegetables | <input type="checkbox"/> Diabetes  | <input type="checkbox"/> Antacids that contain aluminum and calcium |
| <input type="checkbox"/> Conditions that inhibit self-feeding   | <input type="checkbox"/> Uremia  | <input type="checkbox"/> Blood pressure medications                 |
|   | <input type="checkbox"/> Hypercalcemia   | <input type="checkbox"/> Iron supplements                           |
|   | <input type="checkbox"/> Poor glycemic control                                 | <input type="checkbox"/> Diuretics                                  |
|   |  | <input type="checkbox"/> Antidepressants                            |
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After reviewing residents select appropriate residents to participate in the program. Fill out the *Resident Assessment Form* (Form 1232) for each resident selected for the program.

Review the *Bowel Management Starts Here* HyFiber Liquid Laxation program with residents, RDs, DON, and Administration.

Obtain Physician's Orders orders for each resident using *Physician Letter* (Form 1233).

Implement Physician's HyFiber Liquid Laxation Orders:

**Week One:** Discontinue all powdered psyllium fiber products and all fiber juice products.

Administer 15 mL (5.5 grams of soluble fiber) given BID. Administer from medicine cup or add to 1/2 to 4 ounces of patient's choice of liquid. Document patient's bowel movement on Form 1232.

**Week Two:** Discontinue all laxatives and stool softeners. Increase HyFiber to 15 mL given TID via medicine cup or with 1/2 to 4 ounces of the patient's choice of liquid. Document patient's bowel movement.

**Week Three:** Increase HyFiber to 15 mL QID or decrease to 15 mL BID as needed as directed by healthcare specialist. Document patient's bowel movement.

Continue to monitor and administer HyFiber Liquid Laxation.

Document changes on assessment forms as necessary.