**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)

- Loss of appetite
- Inadequate fiber intake
- Poor fluid intake/dehydration
- Chewing and/or swallowing problems
- Lack of exercise and physical activity
- Diets high in animal protein
- Tube feeding (designed to be low residual)
- Mechanical soft or pureed foods
- Use of complete nutrition supplements
- Polypharmacy
- Consumption of only refined foods such as breads, cereals, desserts
- Consumption of fewer than 3 servings per day of fruits and fewer than 2 servings per day of vegetables
- Conditions that inhibit self-feeding

- Overuse of laxatives, use of habit-forming laxatives.

**Certain Neurological, Metabolic and Endocrine, and Systemic Disorders:**

- Multiple Sclerosis
- Parkinson’s disease
- Stroke
- Spinal cord injuries.

**Neurological disorders:**

**Metabolic and Endocrine Conditions:**

- Diabetes
- Uremia
- Hypercalcemia
- Poor glycemic control

- Hypothyroidism

**Systemic Disorders:**

- Amyloidosis
- Lupus
- Scleroderma
- Kidney disease/dialysis

**Medications:**

- Pain medications
- Antacids that contain aluminum and calcium
- Blood pressure medications
- Iron supplements
- Diuretics
- Antidepressants

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.