

Patient information

Bowel Dis-impaction

Pre-admission information

This course of therapy is used for children who are being prepared for a surgical bowel procedure and for children who are constipated. The administration of Klean-Prep and the clearing of obstruction, does not mean that this is the end of constipation medication.

In the case of constipation, it is not necessary to obtain totally clear results before discharge.

Please bring with you ice-lollies and boiled sweets (eg lollies) that your child likes. The Rainbow ward can supply jelly and clear soups.

Administration

This is done by mouth or nasogastric tube, the Klean-prep is given in four-hourly cycles; if tolerated, non-stop until your child is dis-impacted.

Insertion of nasogastric tube

If this is necessary: **We need you to agree to this and understand that although it is initially an unpleasant experience, children usually adjust to the tube quickly.**

No solid food should be eaten at least **two hours** before insertion. This reduces the likelihood of vomiting.

Oral intake

While Klean-Prep is running, only **jelly, jelly sweets (e.g. sweets), ice lollies, boiled sweets/lollies) clear soup and small amounts of squash (with sugar)** can be consumed if so wished.

It is not necessary for the child to drink a lot as they are having large amounts of liquid as Klean-Prep.

Dis-impaction has been achieved when the stools are **loose, watery or pale with no lumps** and the tummy feels soft with no lumps when felt by the medical staff. The length of time this takes varies.

Sickness and vomiting

Children may vomit during the treatment. The rate of Klean-Prep intake can be reduced to help avoid this but it can cause a longer stay in hospital.

Your child may be given a medicine called Domperidone just before and during treatment which may help reduce any nausea and vomiting that can occur.

Encourage your child to be up and about and to sit on the toilet to push stools out.

Every care is taken to ensure the routine is tailored to your child's needs and decisions are made regularly after the team has looked at all the information related to your child's progress. This can involve changes in the plan when the 'on-call' medical staff report back to your Consultant.

On discharge

To achieve optimum results it is extremely important for you to encourage your child to take their discharge medication (which is normally movicol).

It may be necessary to 're-potty train' your child, by sitting them on the toilet after meals and encourage them to relax and open their bowels. This is because, by being constipated, they have lost the feeling of going to the toilet and the muscles in the rectum are not as effective due to not being used regularly.

Ensure your child has a healthy balanced diet. If you need advice or assistance with this please speak to your consultant or nurse who can arrange for some support from a dietitian if necessary.

Exercise is important as part of any healthy lifestyle, but being mobile when constipated can help speed up and encourage bowel movements.

For more information please contact your consultant's secretary.

Department: Rainbow Children's Unit

Contact Number: 01284 713717

Someone will go through this with you and sign to say they have explained the routine.

Name

Signature

Parents signature

Date

You also need to sign and take this with you so that you can re-read it prior to admission.

We recommend you read this again.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>