



## Bowel management policy

### About this document



Your **bowels** are long tubes in your body which process the food you eat.



You might notice that your stomach hurts.



You might have problems with going the toilet.



Problems like these are called **bowel problems**.

When we help you with bowel problems it is called **bowel management**.





This document will help you understand:

- different types of bowel problems
- things you can do to keep your bowels healthy
- things we can do to help you.



## Bowel problems

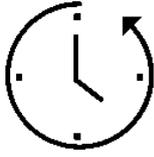
**Constipation** is a bowel problem that makes it hard to pass stool (do a poo).



Having constipation often means that it takes a long time to go to the toilet.



**Diarrhoea** is when your poo is very runny.



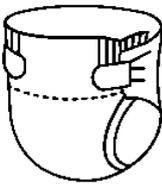
Usually, it will also mean that you have to go to the toilet many times a day.



**Feecal incontinence** is when it is hard to control your bowels.



This means that you do a poo when you do not expect. Sometimes it might happen before you can go to a toilet.



If you have feecal incontinence you might need to wear special clothing, such as nappies.



## What can you do?

There are some things you can do to help with bowel problems.



You should make sure to drink plenty of water and eat a healthy diet.



Exercise can also help with some bowel problems, such as constipation.



We will let you know what else you can do to help with the bowel problems you have.



## How we help with bowel problems

We will help you stay active and have a healthy diet.



We might create a food and exercise plan for you.



We will always give you plenty of time to go to the toilet.



We will support your ability to mobilise to the toilet. This means you may require mobility aids and equipment to assist you with your toileting. Such as a walking frame and toilet raise. We will maintain your privacy and dignity.



We will always help you stay clean before and after going to the toilet.



We might have to look at your poo after you go to the toilet.



We might collect some of your poo to find out why you have bowel problems.



We might give you medicine to help with your bowel problems.



We might clean your bowels by putting liquid into your bottom (this is called an **enema**).



We might take you to a doctor.



Before doing any of these things we will:

- explain what will happen
- explain why it will happen
- ask for your permission.



If you ever feel unsure or uncomfortable with what we are doing please let us know.