

Individual Bowel Program Worksheet

Clean out:

- Admit** to hospital for clean out with GoLYTELY
- Miralax**
 - 1 scoop in 8 oz of liquid 3 times per day for _____ days
 - 1/2 of a scoop in 4 oz of liquid 3 times per day for _____ days
- Mineral oil**
 - _____ oz _____ times per day for _____ days
- Magnesium citrate (Mg Citrate)**
 - 1/2 bottle (150 ml's) at bedtime for _____ nights
 - 1 bottle (300 ml's) at bedtime for _____ nights
- Other** _____

Maintenance:

- Medication**
 - Miralax**
 - 1 scoop in 8 oz
 - 1/2 scoop in 4 oz liquid
 - _____ teaspoons in _____ oz liquid
 - Other _____
 - Every night every morning every afternoon
 - Only if no bowel movement that day
 - Lactulose**
 - _____ teaspoon(s)
 - _____ tablespoon(s)
 - 2 times per day 3 times per day
 - Other** _____
- Fiber**
 - Wafers Tablet/ Capsule Powder
 - 1/2 the recommended adult dose with 4 oz of liquid
 - 1 full recommended adult dose with 8 oz liquid
 - _____ teaspoons with _____ ounces of liquid
 - Every morning every night
- Daily Sit** (*see handout for enema and suppository administration instruction*)
 - Fleet's enema
 - Pediatric
 - Adult
 - Suppository
 - Glycerin
 - Ducolax
 - Have your child sit on the toilet for 15 to 20
 - After dinner after lunch after breakfast after snack at _____
 - Document all continent stools that occur at desired time and document all accidents and bring log with you to your next appointment.