

E-170 Bowel Program, Digital Stimulation

Purpose

Manually remove stool.

Applies To

Registered Nurses

Licensed Practical/Vocational Nurses

Other (*Identify*): _____

Equipment/Supplies

- Disposable gloves.
- Water-soluble lubricant.
- Waterproof, absorbent pads.
- Bedpan.
- Wash basin.
- Washcloths, towels, soap.
- Suppository as ordered by the physician.

Procedure

1. Wash hands. Refer to the Hand Washing procedure.
2. Don clean gloves.
3. Position the client in the left side-lying position with knees bent.
4. Place waterproof, absorbent pad under the client's buttocks.
5. Place bedpan next to the client.
6. Lubricate index finger of dominant hand.
7. Slowly insert index finger into client's rectum.
8. Gently loosen fecal mass by massaging around it. Instruct the client to take deep breaths during the procedure.
9. Insert finger into mass to loosen into small pieces for removal.
10. Move small pieces down to the rectum and remove. Place in bedpan.
11. Continue to remove as much feces as possible. Periodically assess the client for fatigue or a decrease in heart rate.
12. Insert suppository as ordered and leave in the prescribed amount of time.
13. Repeat steps 6 through 11.
14. Wash buttocks and dry with towel. Reposition the client.

15. Remove bedpan and dispose of feces in the toilet.
16. Remove gloves. Clean reusable equipment and dispose of disposable supplies according to Agency Waste Disposal Policy.
17. Wash hands. Refer to the Hand Washing procedure.

Documentation Guidelines

Document in the clinical record:

1. Procedure performed.
2. Suppository administered, if any.
3. Stool results.
4. The client's tolerance of the procedure.

Related Procedures

Bowel Program

Policy History

Approval Date	11/1/2009
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