



Shepherd Center

Worksheet: Bowel Program

This assignment is designed to help the learner review his/her own bowel program. Please answer the following questions about your bowel program.

1. What is my bowel program?

(hints: bowel medicines, suppository, Theravac, manual evacuation)

2. What time is my bowel program?

(list the time of day)

3. What supplies do I gather when doing my bowel program?

(hints: gloves, lubricant, soapy and wet cloth, dry cloth, underpads, plastic bag for trash, suppository, etc.)

4. What special bathroom equipment or assistive devices do I use to help with my bowel program?

(hints: raised toilet seat, Activaid, commode chair, etc.)

5. When doing my bowel program in bed, on which side should I always lie?

(hint: mention if you are on your left or right side)

6. What types of food should I eat in order to make my bowels work the best?

(hint: list the types of food that are best for bowel health)
