**SPASTIC BOWEL**
Upper Motor Neuron
- Injuries above T12
- Routine is usually done EVERY OTHER DAY
- Keep stool soft
- Often requires stimulation with gloved finger and/or suppository

**FLACCID BOWEL**
Lower Motor Neuron
- Injuries below T12
- Routine is usually done DAILY or TWICE A DAY
- Keep stool firm
- Often requires removal of stool with gloved finger

**AUTONOMIC DYSREFLEXIA (AD)**
- May occur in injuries at or above T6
- A sudden increase in Blood Pressure
- Symptoms may include pounding headaches, sweating, redness of face and neck
- Often caused by
  * A full bowel
  * Digital stimulation

**EAT AND DRINK WELL**
- **Spastic Bowel**
  - A routine will decrease chances of accidents, loose stools & constipation
  - Find a time that works for YOU!
  - Do bowel care at same time of the day
  - Bowel care is best 30 min after meals
  - Complete routine in less than 1 Hr

**FLACCID BOWEL**
- Routine is usually done DAILY or TWICE A DAY
- Keep stool firm
- Often requires removal of stool with gloved finger

**MAINTAIN ACTIVITY**
- Regular movement and activities can help bowel management
  - Weight shift
  - Transfers
  - Sports
  - ROM
  - Abdominal massage

**TIPS**
- When making changes to your routine:
  * keep a record
  * make changes gradually, trying one change at a time
- Know how other medications affect your stool
  * e.g. Pain meds, Antibiotics
- Routinely check your stool for consistency or issues

**KNOW THE ACTION OF YOUR MEDICATIONS**
- Stimulants
  - 8-12 hrs before planned BM
- Stool Softners
  - Taken daily or as needed
- Bulking Agents
  - Taken daily or as needed
- Suppositories
  - Use 10-30 min before planned BM

**REFERENCES**
1 © All rights reserved. Canada’s Food Guide. Health Canada, 1977. Adapted and reproduced with permission from the Minister of Health, 2014.

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