

## **BOWEL CARE MANAGEMENT**

These directions are intended to help prevent constipation as a result of chemotherapy and other supportive medications taken during treatment.

### **YOU MAY USE MILK OF MAGNESIUM 1-3 TIMES DAILY OR MIRALAX 1-2 TIMES DAILY AT ANY LEVEL.**

- **Level 0**      Docusate Sodium 100 mg by mouth **twice** a day  
                     Senna 2 tablets by mouth **at bedtime**.  
*If no bowel movement in 24 hours, then go to level 1*
  - **Level 1**      Docusate Sodium 100 mg by mouth **twice** a day  
                     Senna 2 tablets by mouth **twice** a day  
*If no bowel movement in 24 hours, then go to level 2*
  - **Level 2**      Docusate Sodium 100 mg by mouth **three** times a day  
                     Senna 3 tablets by mouth **three** times a day  
*If no bowel in 24 hours, then go to level 3*
  - **Level 3**      Docusate Sodium 250mg by mouth **twice** a day  
                     Senna 4 tablets by mouth **three** times a day  
                     Dulcolax 3 tablets by mouth **three** times a day
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- ❖ **If no bowel movement within 4 days past your regular routine and you have followed the above instructions call the office and speak with a nurse. You may need to use Magnesium Citrate (over the counter) or require a prescription strength laxative.**
  - ❖ **If you experience diarrhea using these medications, stop taking the medications above for 24 hours and then restart the medications at one level lower than you were on when the diarrhea occurred.**
  - ❖ **If you are on dialysis or have kidney failure, avoid any foods or laxatives containing magnesium or potassium (i.e., Milk of Magnesium or prunes).**
  - ❖ **Avoid suppository and enema use unless previously discussed with your doctor**
  - ❖ **Always consult a nurse or doctor if you have any questions or concerns.**
  - ❖ **Always call your doctors office if symptoms worsen.**