



# Bowel Routine Medications

Different medications are available to help with your bowel routine. Some help make your stool softer and others help give you a bowel movement. Work with your doctor, nurse, and pharmacist to find the medications that work best for you.

## Stool Softeners

Stool softeners make your stool less hard and prevent constipation. **Colace** is a pill taken by mouth daily or as prescribed by your doctor. If your stool becomes too soft, your dose might need to be changed.

## Laxatives

Laxatives help stool move through your bowel easier. **Milk of Magnesia** and **Senokot** are pills taken by mouth at night the day before your bowel treatment. **Lactulose** is a liquid taken by mouth. Laxatives sometimes cause stomach cramps, gas, and nausea.

## Suppositories

Suppositories cause bowel contractions that help move stool out of the rectum. **Dulcolax**, **Magic Bullet**, and **Glycerine** are suppositories. They are inserted into your anus just before your bowel treatment. If there is stool in your rectum, it should be gently removed before inserting the suppository. Suppositories need to be placed against the wall of the rectum to work. Putting the suppository directly into stool will cause it not to work. Using suppositories sometimes causes stool to become too loose.

## Anesthetic Ointment

Anaesthetic ointments help prevent autonomic dysreflexia symptoms. Examples are **Xylocaine jelly** and **Lidocaine jelly**. An amount about the size of a quarter, is inserted into your rectum about 5-10 minutes before your bowel treatment. At times these ointments can cause a burning sensations or swelling of the skin.

**Contact your Doctor or Nurse for more information.**

**SELF CARE**

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