



THE JEFFRAS' PROGRAM THAT PROMOTES
A HEALTHY SCHOOL ENVIRONMENT
FOR STUDENTS WITH SPINA BIFIDA

THE GOALS OF BOWEL MANAGEMENT

A key goal of bowel management is to give the child good social continence- especially during school hours. Collaboration between home and school is essential for good social adjustment.

Although it may seem overwhelming at first, it will soon become part of the daily routine. Children accomplish this skill at varying times due to differences in level of paralysis, balance, fine motor control, body shape, and cognitive development.

The bowel management goals are:

- To prevent constipation and achieve continence
- To empty bowels (poop) at an appropriate time and place - and to prevent having accidents.
- To remain clean between toileting times
- To avoid serious problems caused by poor management

Soiling will occur, and is often a sign of fecal impaction-called overflow incontinence. This is not a behavioural issue-it is a medical problem that should be addressed with the SB care team. Bowel and bladder management are inseparable and affect success of the other.

How do you manage bowel incontinence?

- Even in the absence of sensation, sitting on a toilet and pushing is often helpful
- A balanced diet (high in fiber and fluid)
- Exercise if possible to keep the stool at the right consistency
- Medication (softeners & laxatives) or suppositories
- Regular bowel washouts combined with, or in place of digital peri-anal stimulation and digital fecal extraction
- Routine is vital for successful bowel management

ADDITIONAL RESOURCES

Bowel Management & Spina Bifida



Supported by an unrestricted educational grant from Hollister Incorporated. Hollister Incorporated is not responsible for the content of this literature.



This information does not constitute medical advice for any individual. As specific cases may vary from the general information presented here, SBA advises readers to consult a qualified medical or other professional on an individual basis.
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