

Chapter 23

ELIMINATION OF STOOL

PROCEDURE FOR ADMINISTERING A RECTAL SUPPOSITORY AS PART OF A PRESCRIBED BOWEL PROGRAM:

1. Gather equipment – rectal suppository as ordered, lubricant, gloves, bed protector or towel, bedpan or commode if needed and toilet paper.
2. Provide privacy.
3. Explain what you are going to do.
4. Wash your hands and put on gloves.
5. Assist client to turn onto left side.
6. Place blanket over client and fold top linens down to hips of client.
7. Place protective pad or towel under client's hips.
8. Remove suppository from wrapper and apply a small amount of lubricant to the suppository.
9. Separate the buttocks so that the anus is visible.
10. Ask the client to take a deep breath. Gently insert the suppository 2-3 inches into the rectum with your index finger. Make sure that the suppository is beyond the sphincter muscle and against the rectal wall.

NOTE: DO NOT EMBED SUPPOSITORY INTO FECAL MATERIAL.

11. Remove finger from rectum slowly and wipe excess lubricant from anus.
12. Encourage the client to relax and allow the medication to dissolve and take effect. This may take 30-60 minutes.
13. Remove gloves and wash hands.
14. When the client feels the urge to defecate, wash hands and put on gloves.
15. Assist client onto the bedpan, commode or into the bathroom. Place toilet tissue within reach and provide privacy.
16. Remove gloves and wash hands.
17. When the client indicates he is finished, wash hands and put on gloves.

18. Observe the amount, color, and consistency of feces.
19. Assist the client to clean the perineal area and wash his hands.
20. Remove gloves and wash hands.
21. Make the client comfortable.

Chapter Review

1. What age-related changes affect the digestive system?
2. What factors maintain normal bowel function?
3. What are characteristics of normal and abnormal stool?
4. What conditions may cause abnormal bowel function?
5. What factors can lead to constipation?
6. What are the In-Home Aide's responsibilities concerning client bowel function?
7. What are some special measures for abnormal bowel function?
8. How do you perform colostomy care/application of a fecal ostomy pouch (uncomplicated established colostomy) according to proper procedure?
9. How do you perform digital stimulation as part of a prescribed bowel program?
10. How do you give a commercially prepared enema?
11. How do you insert a rectal suppository as part of a prescribed bowel program?