Tips to Informal Caregivers
on Giving Personal Care

To Re-establish Bowel and Bladder Routine

The following steps may help to re-establish bowel and bladder routine. Good bowel and bladder function may also be maintained by the same procedure. The doctor may recommend a suppository or enema to help stimulate the bowel.

Procedure:

- Establish the normal pattern for elimination by maintaining a record for several days.
- Give urinal and bedpan at regular intervals based upon observations and when a desire is expressed.
- Encourage drinking plenty of fluids during the day, but fewer in the evening; strong urine resulting from too few fluids is irritating and can cause incontinence.
- Encourage the person to eat high-fiber foods.
- Instruct the person in other signs of a full bladder - sweating, chills, headache, restlessness.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.