

Bowel Management Week - Frequently Asked Questions.

What is Bowel Management Week?

Bowel Management Week at the Colorectal and Pelvic Center at Children's Health is an 8-day outpatient program. It starts on Thursday and ends on the following Thursday. This program is for children born with:

- Anorectal Malformations (such as imperforate anus, cloaca)
- Hirschsprung Disease
- Pelvic tumors that affect the bowel (such as sacrococcygeal teratomas)

These conditions can make toilet training hard and cause long-term bowel problems. Children may have:

- Severe constipation (hard poop that is hard to pass)
- Poop incontinence (poop they cannot hold in)
- Frequent diarrhea (loose, watery poop)

What is the goal of Bowel Management Week?

The goal of this program is to find a treatment plan that helps your child stop having poop accidents and manage hard or loose poop. The treatment plan may include enemas, medicines, and changes in diet. We want your child to be able to go to school and do other activities without worrying about having poop accidents. We hope to improve the quality of life for your whole family.

What tests will my child need?

- **Contrast Enema** — This test uses x-rays and a special kind of enema liquid to take pictures of your child's large bowel (where poop is stored). It shows if the bowel is bigger than normal, moving too slowly or too quickly. Most children need this test. The nurse will help you schedule it. The test takes 30–45 minutes and should be done the day before your clinic visit.
- **KUB (Abdominal x-ray)** — This is an x-ray of the bowel and inside the tummy. It helps the doctor see how much poop is in the large bowel and if the fluid from the contrast enema has cleared out. **You do not need an appointment for this.** It takes about 5 minutes. Your child will need a KUB x-ray:
 - The morning before the first clinic visit with the team
 - On the last 4 days of Bowel Management Week

What can we expect from the clinic visit?

At the first clinic visit, we will:

- Talk about your child's health
- Do a physical examination
- Review the test results
- Create a treatment plan

You will leave this visit with a treatment plan created just for your child.

What can we expect when we go home?

After the first visit, you will start the bowel management program as prescribed. This means:

- You will begin giving medicines or enemas at the same time each day
- Check the toilet each day to see the size and firmness (liquid, soft, hard) of your child's poop
- Fill out a bowel management diary
- Tell the clinic staff if your child has any symptoms (pain, cramping, upset belly, etc.) or poop accidents.

Important Information

For the week following your first visit, you will take your child to the Radiology department for daily KUB x-rays no later than 10:00 a.m. on Monday, Tuesday, Wednesday, and Thursday.

Someone from the clinic will call you on those days to check on how things are going. Based on your report and the x-rays, we may change the treatment plan. Please be available each morning to talk with our team.

How successful is the program?

Studies show children who follow a structured bowel management program can gain long-term control over severe constipation and poop incontinence (accidents). Your child's success depends on following the plan exactly and talking with your care team every day.

When is the next follow-up?

After Bowel Management Week ends, we will schedule your child's next visit with the Colorectal and Pelvic Center. We can change the care plan during your child's follow-up visit or over the phone between visits if needed.

Contact us

Call 214-456-8546 or e-mail colorectal@childrens.com with any questions or concerns you may have. If you want to book an appointment, you can look on our website for available dates or contact us by phone or email.