How to Manage Lifestyle and Medication for Neurogenic Bowel Constipation

Managing Neurogenic Bowel Constipation

The providers on the Gillette Pediatric Urological team are committed to providing the best urologic care for your child. Since most of our patients diagnosed with neurogenic bladder also have neurogenic bowel, it is important to your child’s urological health to have optimal bowel health. Below is a treatment chart to help you manage your child's constipation and bowel accidents.

Please share this with your primary care provider and gastroenterologist, who can also help you with these issues if needed. If your primary or gastroenterologist recommends a surgical procedure such as an Antegrade Continence Enema (ACE) or cecostomy, please contact us.
Constipation and Bowel Incontinence

Ensure adequate fiber and fluid intake, exercise, timed bowel movements after meals

Continued bowel incontinence, unsatisfied with regimen

Well-controlled bowel movements, satisfied with regimen

Continue adequate fiber, fluid intake, exercise, and timed bowel movements after meals

Healthy eating, regular exercise

Begin both oral and rectal medications

Rectal
Glycerin Rectal Suppository

Well-controlled bowel movements, satisfied with regimen

Continue Glycerin Rectal Suppository

Change enema to Enemeez, docusate sodium, or bisacodyl

Oral
Start a stimulant laxative, such as Senna

Well-controlled bowel movements, satisfied with regimen

Add stool softener, such as Miralax

Continue stimulant laxative, such as Senna

Continued bowel incontinence, unsatisfied with regimen

Well-controlled bowel movements, satisfied with regimen

Enemeez, docusate sodium, or bisacodyl enema

Start transanal irrigation system, such as Peristeen

Irrigate Antegrade, consider surgical intervention such as Cecostomy or Antegrade Continence Enema (ACE)