

## Chapter 23

### ELIMINATION OF STOOL

#### PROCEDURE FOR DIGITAL STIMULATION AS PART OF A PRESCRIBED BOWEL PROGRAM:

1. Gather equipment – gloves, lubricant, blanket, bed protector or towel, 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 in bed.
6. Place blanket over client and fold top linens down to hips of client if in bed.
7. Place protective pad or towel under client's hips if in bed.
8. Apply lubricant to index finger of gloved hand.
9. Gently insert lubricated index finger gently into client's rectum.
10. Move the lubricated finger gently in a circular pattern maintaining contact with the rectal wall.
11. After completing two (2) rotations; remove the finger and clean the client's rectal area.
12. Remove gloves and wash hands.
13. Repeat procedure every 15-20 minutes up to four times, stopping when there is no further bowel movement.
14. Remove gloves and wash hands.
15. Make client comfortable.