



## **Bowel/Urine Retraining Program**

**Bladder training** is commonly used to help people relearn how to control their urinary elimination. For example, a person may be encouraged to use the bedpan, urinal, toilet or commode at scheduled times. Scheduling helps promote regular emptying of the bladder. The primary goal is for the person to be able to control involuntary urination. If this is not possible, then the person may still at least be able to get to the bathroom in time to avoid accidents because a person will know when voiding is due to occur.

**Bowel training** is very similar to bladder training and works to promote regular, controlled bowel movements. Offering the commode, toilet or bedpan at regular scheduled intervals is a common method of bowel training. Bowel training is often started by keeping track in a diary under the supervision of the RP and QP at the times of day when an incontinent person usually has a bowel movement or urinary elimination, then making sure to provide the appropriate toilet facility during that time period.

**Procedure for elimination safety to notify QP & RP:**

- ✓ **Persistent diarrhea or constipation**
- ✓ **Persistent blood or mucus in the stool**
- ✓ **Persistent black tarry or dark green stools**
- ✓ **Persistent foul-smelling stool**
- ✓ **Persistent painful elimination of urine or stool**
- ✓ **Bleeding from the anus during or after a bowel movement**
- ✓ **The client has a swollen abdomen and complains of abdominal pain**
- ✓ **Blood in the urine**
- ✓ **Persistent lower back pain in the location of the kidney areas with urination**
- ✓ **The client complaining of liquid feces “seeping” from the anus**