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STOOL BULKING INSTRUCTIONS

These are instructions to help thicken your stool since you are having problems with diarrhoea. Raymond has gone through these instructions with you today. It may take 4-6 weeks to see any effect.

Diet

- Eat as much fibre as possible such as whole grain breads, cereals and oats. This will help to bulk up your stools and decrease the fluid in your stools.
- Watch your fluid intake carefully to try and prevent runny motions.

Supplements

- **Fibre supplements** – Take 2-3 teaspoons of a powdered fibre supplement (eg. Metamucil, Benefiber, psyllium husk) mixed in a glass of water or juice once in the morning. You can increase to twice a day if you still have diarrhoea.
- 2-3 Metamucil tablets (or other) can also be used as it is similar.
- This **WILL NOT** give you more diarrhoea but rather make your stools bulky and less liquid.
- The most common side-effect is a feeling of bloating and increased gas.
- If your stools are still runny, take one to two tablets of loperamide (Gastrostop). These can be slowly increased. Do not take more than 8 tablets a day without talking to Raymond or your GP.
- These supplements are available at all pharmacies without a prescription.

Toileting Habits

- Avoid spending longer than 3-5 minutes on the toilet. The act of sitting over a hole creates more pressure on your anal region, and this predisposes you to conditions such as haemorrhoids. If you need to sit on the toilet for other reasons, sit on the lid i.e. like a normal chair.
- Avoid straining or pushing your stool. Again, this increases the pressure on the anal region.
- Please use a barrier cream such as Dermeze to protect the anus.
- Avoid toilet paper as this is like sandpaper! If possible, clean the area with water only. A bidet can help with this. Don't use other lotions, soaps or creams unless directed as these can irritate your anus.
- When not at home, use baby wet wipes that only moistened (no scents, creams or additives). These soft wipes should not harm the area.

Other therapies

- You may have been given a referral for **pelvic floor physiotherapy**. This is **extremely important** that you see them as they will form an essential part of your recovery. Check with your GP if you are eligible for a Medicare rebate for this. Ideally, you would have been for 4-6 weeks before your next visit with Raymond.
- You may also have been sent for further investigations. Please do these before your next visit.