

Treatment of Bowel Incontinence

- ❑ Maintain a daily diary and indicate if the “accident” involved solid stools, liquid stools or gas only.
- ❑ Perform “Kegel” exercises. Tighten up the muscles of your bottom and maintain the contraction for as long as you can. You may do this exercise while driving, walking, working or watching the TV. The more you exercise the better.
- ❑ Take a high fiber diet. This includes bran, brown bread, vegetables, fruits etc.
- ❑ Use Fibercon or other bulking agents
- ❑ Avoid foods that may cause diarrhea or loose stools. These may include milk & dairy products, gluten and excessive consumption of water. Also avoid beer, carbonated or fizzy drinks, sugar free substitutes, herbal supplements, chocolate, peppermints or hard candy.
- ❑ If you have diarrhea along with incontinence then your doctor will have to first investigate and treat the diarrhea.
- ❑ You may use over the counter Imodium if your stools are loose. Imodium 2mg can be taken up to 5 times per day.
- ❑ Your doctor may also prescribe you Amitriptyline tablets at night.
- ❑ You may also avoid accidents by using the technique of controlled evacuation. This involves inserting a suppository or an enema in the morning. The rectum will be evacuated in the next few minutes and there will be nothing left to “leak out” later in the day.

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