

# Bowel Washout Information - Children's Hospital in the Home (CHITH)

## Before your visit to Gold Coast University Hospital (GCUH)

- Your child does not need to fast.
- You will be offered a date for an overnight stay to start the bowel washout.
- On the morning of your stay please call the Team Leader on 56871738 at 0700 hrs to confirm a bed is available.

## In hospital

- Nursing staff will insert a small tube known as a Naso-Gastric Tube (NGT) through the nose into the stomach.
- NGT placement will be confirmed before commencing a continuous infusion of the medication (Glycoprep C) for the bowel washout.
- This medication runs via a pump which can be adjusted to a lower or higher rate until a maximum rate for your child is achieved.
- You will be shown how to work the pump while in hospital and receive a Nasogastric Feeding Education Booklet to take home.
- Please keep this booklet handy and discuss any concerns you may have with the CHITH Nurse.

## At home

- Your child will be visited each day by the CHITH Nurse who will:
  - monitor the bowel washout,
  - start the daily infusion,
  - give advice about when to stop the infusion.
- Your child may eat and drink normally.
- If your child develops any of the following symptoms decrease the rate of the infusion for one (1) hour:
  - bloating,
  - distension,
  - abdominal pain,
  - or commences vomiting.
- Once the symptoms have abated recommence the original rate.
- You will be supplied with cream to apply to any areas of irritation and redness that may occur around the bottom.
- Treatment will continue until your child's bowel motions are watery which may take several days.
- Your CHITH Nurse will liaise with your treating team and the allied health clinicians throughout the bowel washout.

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## Follow up

- You will be provided with a prescription for long term medications which are usually prescribed to be taken daily for a least 3 months.
- It is important for your child to strictly adhere to these medications to avoid the need for further bowel washouts.
- The allied health team will provide you with handouts and a set of goals for your child's toileting routine which is to be commenced once the bowel washout is completed.
- Follow-up appointments will be arranged with the GCUH Paediatric Clinic or Continence Clinic or your child's private Paediatrician.

## Contact details

If you need to speak with a Nurse during the bowel washout or afterhours refer to the CHITH Information Booklet for contact details or call:

<b>CHITH Nurse</b>	<b>Mobile: 0438 897 684</b>
<b>Allied Health Clinician</b>	<b>Mobile: 0421 581 831</b>
<b>Team Leader Children's Inpatient Unit</b>	<b>Phone: 07 5687 1238</b>

**Gold Coast Hospital and Health Service**  
**Women's, Newborn and Children's Services**  
**Email: [women-newborn-children@health.qld.gov.au](mailto:women-newborn-children@health.qld.gov.au)**  
**For more information visit: [www.goldcoast.health.qld.gov.au](http://www.goldcoast.health.qld.gov.au)**