

Appendix. Standard and Mnemonic Counseling Scripts for Fecal Incontinence

Standard Counseling: (CHECK BOXES AS YOU DISCUSS EACH TOPIC)

Fecal Incontinence or accidental bowel leakage, affects 1 out of 10 women. There are different reasons for fecal incontinence but there are several things you can do to help manage the symptoms. First, it's important that you get enough fiber in your diet. This fiber can come both from the foods that you eat, as well as supplements such as Fibercon or Metamucil. You should have a goal of 25-35 grams of fiber each day. We'd like to you keep a diary of the amount of fiber you are currently eating and then increase slowly until you reach this goal. Increasing fiber in your diet may initially increase bloating and gas. Here is an information sheet about fiber in our foods and some supplements you could try.

GIVE PATIENT FIBER SHEET (white sheet).

When adding fiber to your diet it's also important to drink plenty of water. Fiber works for both constipation and diarrhea as it brings water into the colon to help form soft, bulky bowel movements which are easier for most women to control.

Another important thing to do is Kegel exercises. We recommend performing 30-40 Kegel exercises per day. The key is to remember to do them every day. Many people find it helpful to do 10 exercises at breakfast, lunch, dinner, and bedtime. Again, increase slowly, begin with 10 and add some more each day. Here's an information sheet about Kegel exercises.

GIVE PATIENT KEGEL SHEET (yellow sheet).

Some patients find success in using Imodium; especially when you are going out or planning to be in public. You have to be careful when adjusting this as it can make you constipated. We recommend taking ¼ tab to 1 tab about 1 hour before your activity; some people need more and you may have to go up on the dose to whatever works for you up to a maximum dose of 6 tablets a day.

Keeping a food diary can also help you identify foods that can worsen your accidental bowel leakage. For example many patients find that dairy products such as milk or cheese can cause cramping, diarrhea and increased accidents. Being able to identify your triggers can help you take control.

Scheduled toileting can also help patients. What can be helpful is finding the same time every day to attempt to have a bowel movement. For most people 30 minutes after they eat is an ideal time to attempt to move your bowels. So we recommend about 30

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The authors provided this information as a supplement to their article.

minutes after you have breakfast, schedule time in your day to attempt a bowel movement. If you empty your bowels completely you will be less likely to have an accident.

It will take effort to improve your daily habits however these techniques will help you gain control over this problem and live your life. You should continue to do the things you enjoy. Some women find help and security by carrying an extra change of clothes or undergarments so that if an accident occurs they are prepared.

Name of physician who provided counseling _____

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Mnemonic Counseling: (CHECK BOXES AS YOU DISCUSS EACH TOPIC)

There are several things you can do to help get relief from your fecal incontinence. In fact the word RELIEF can be used to help you remember and learn these treatments.

USE LAMINATED RELIEF CARD.

The R of relief stands for Routine. We want you to develop a routine around your bowel habits. This includes trying to defecate around the same time each day. Scheduled toileting can help patients. What can be helpful is finding the same time every day to attempt to have a bowel movement. For most people 30 minutes after they eat their intestines move and this is an ideal time to attempt to move your bowels. So we recommend about 30 minutes after you have breakfast, schedule time in your day to attempt a bowel movement. If you empty your bowels completely you will be less likely to have an accident.

The first E in RELIEF stands for Exercise. Exercise includes general exercise as well as exercise specific to the pelvic floor called Kegel exercises. We recommend performing 30-40 Kegel exercises per day. The key is to remember to do them every day. Many people find it helpful to do 10 exercises at breakfast, lunch, dinner, and bedtime. Again, increase slowly, begin with 10 and add some more each day. Here's an information sheet about Kegel exercises.

GIVE PATIENT KEGEL SHEET (white sheet).

The L of RELIEF is Live. We want to encourage you that 1 out of 10 women live with fecal incontinence and our goal is that you live the life you want to live. You should continue to do the things you enjoy. Some women find help and security by carrying an extra change of clothes or undergarments so that if an accident occurs they are prepared. But we want to emphasize to you that these techniques will help you gain control and live your life.

The I of RELIEF stands for Imodium. Some patients find success in using Imodium; especially when you are going out or planning to be in public. You have to be careful when adjusting this as it can make you constipated. We recommend taking ¼ tab to 1 tab about 1 hour before your activity; some people need more and you may have to go up on the dose to whatever works for you.

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The next E in RELIEF stands for Effort. Working on gaining bowel control requires Effort on your part. Effort to maintain a routine around your bowels, Effort keeping track of foods that irritate your bowels or cause more accidents, and Effort to ensure that you eat foods and drink enough water to maintain good stool consistency. We want you to have stools that are bulky, soft and formed.

The F in RELIEF stands for the 2 key things almost all patients with fecal incontinence improve with: Fiber and Food Diary. Keeping a food diary can also help you identify foods that can worsen your accidental bowel leakage. For example many patients find that dairy can cause cramping, diarrhea and increased accidents. Being able to identify your triggers can help you take control.

It's critical that you get enough fiber in your diet. This fiber can come both from the foods that you eat, as well as supplements such as Fibercon. You should have a goal of 25-35 grams of fiber each day. We'd like to you keep a diary of the amount of fiber you are currently eating and then increase slowly until you reach this goal. Increasing fiber in your diet may initially increase bloating and gas. Here is an information sheet about fiber in our foods and some supplements you could try.

GIVE PATIENT FIBER SHEET (white sheet).

When adding fiber to your diet it's also important to add plenty of water. Fiber works for both constipation and diarrhea as it brings water into the colon to help form soft, bulky stool which is easier to control. We want to work with you and help you gain RELIEF from your symptoms.

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