

## The Modified Udobi Bowel Regimen

This aggressive regimen is neither evidence-based nor a consensus opinion, but is rather based upon the limited experience of Christian Jones, MD, MS, FACS ([on-call@christianjones.md](mailto:on-call@christianjones.md)) and the instruction of Kahdi Udobi, MD, FACS. Questions or comments should be directed to Dr. Jones.

### Phase I (for all patients without obstruction):

- sennosides tablets 17.2 mg (senna 374 mg) PO **OR** sennosides syrup 17.6 mg (senna 384 mg) NG BID
- docusate capsule 200 mg PO **OR** docusate liquid 200 mg NG BID
- ***do not hold for loose stools***

### Phase II (for patients without obstruction unresponsive to 2d of Phase I):

- Continue Phase I
- mineral oil 30 mL PO or NG BID
- milk of magnesia 30 mL PO or NG BID
- max 2 doses, give all at once, not “staggered”

### Phase III (day after Phase II if no result):

1. Continue Phase I
2. bisacodyl suppository 10 mg PR x2 (simultaneously)
3. 6h later, if no result: milk & molasses enema x1 PR
4. 6h later, if no result: mineral oil enema x1 PR

This is version 1.0, last modified on 16 March 2017. The latest version is available at [jonessurgery.com/bowel-regimen](http://jonessurgery.com/bowel-regimen). The above advice must be used by a qualified physician who is able to evaluate any affected patient and ensure the instructions are appropriate and safe; inappropriate usage may be dangerous. This is general information of a medical nature, but is not intended to be construed as advice regarding a particular patient. Though every effort has been made to assure the accuracy and completeness of all information included herein, omissions and errors do occur and must be assumed to be present. This site is not a substitute for the direct advice of a personal physician using the latest data and guidelines. Information on this site is not a substitute for the clinical training or judgment of an individual physician or surgeon. The author of this information must not be held responsible for adverse consequences resulting from such substitution or other inappropriate usage. This document is the sole creation of Christian Jones, and is hereby released into the public domain, with no rights reserved.