

## SCI Neurogenic Bowel: Health Surveillance

### Review your bowel management routine and bowel function with your health care provider every year.

- Report any bowel problems, such as constipation, autonomic dysreflexia (AD), and hemorrhoidal bleeding.

### Colorectal cancer screening

- People with SCI have the same risk for colon cancer as the general population.
- Follow the colon cancer screening guidelines for the general population from the American Cancer Society and US Preventive Services Task Force
- To prepare for a colonoscopy screening procedure the bowel must be completely cleaned out using strong laxatives prescribed by your provider. For people with SCI, preparation will take more time and may require two-to-three days off work, possibly in bed. The usual colonoscopy preparations may not be enough to completely clean the colon, and more extensive preparation has been shown to be effective.

### Resources for Health Care Providers

Consortium for Spinal Cord Medicine. (1998).

*Neurogenic Bowel in Adults with Spinal Cord Injury*. Washington, DC: Paralyzed Veterans of America.

Retrieved from <http://www.pva.org/CMSPages/GetFile.aspx?guid=bb130a73-03a5-419f-a719-927304257326>

Song, SH, Svircev, JN, Teng, BJ, Dominitz, JA, Burns, SP. (2017)

A safe and effective multi-day colonoscopy bowel preparation for individuals with spinal cord injury. *The Journal of Spinal Cord Medicine*, pp1-8 doi: 10.1080/10790268.2016.1258968

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**Disclaimer:** This information is not meant to replace the advice from a medical professional. You should consult your health care provider regarding specific medical concerns or treatment.

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