

# Bowel Management Program

for Constipation and Fecal Incontinence



The Bowel Management Program at Cincinnati Children's Hospital Medical Center is an intensive, one-week outpatient clinic that allows children of all ages who are unable to anticipate or control their bowel activity to achieve bowel control, improve their quality of life and return to the ongoing care of their primary care provider following completion of the program.

## CONTACT US

Local physicians call:  
**513-636-3240**

National Physician Priority Link:  
**888-987-7997**

Please fax all referrals to  
**513-636-3248** or toll-free at  
**866-877-8905**

[colorectalcenter@cchmc.org](mailto:colorectalcenter@cchmc.org)

[www.cincinnatichildrens.org/  
colorectal](http://www.cincinnatichildrens.org/colorectal)

## CONDITIONS TREATED

- Anorectal malformations
- Cloaca
- Cloacal exstrophy
- Colonic motility disorders
- Constipation
- Encopresis
- Fecal incontinence
- Hirschsprung disease
- Neurogenic bowel (including spina bifida, spinal trauma, spinal tumors)
- Fecal soiling
- CHARGE syndrome

## WHY REFER YOUR PATIENTS TO US?

Physicians likely see patients with idiopathic constipation intermittently—when their problem has achieved a critical, often complicated level. Their symptoms—cramping, abdominal pain, soiling, poor appetite—may have even required a hospital visit to manage their constipation and to have their bowel cleaned. Then you see your patient return repeatedly with the same problem.

Once your patient completes our intensive, one-week bowel management program, we continue to work with you and the patient to maintain long-term success.

More than 80 percent of our patients who complete this one-week treatment are able to remain clean and wear normal underwear by the end of the week. Our success with these patients is rooted in our individualized treatment approach.



Cincinnati Children's is ranked #1 in Gastroenterology & GI Surgery and #3 among Honor Roll hospitals.



# 80%

Percentage of patients who remain clean after completion of the bowel management program

# 200+

Number of patients annually who attend the bowel management program

# 8+

Number of disciplines collaborating to make this intensive, one-week clinic possible

## TREATMENT APPROACH

The program offers a one-week outpatient approach to the challenging treatment of fecal incontinence and idiopathic constipation. At the outset of the program, patients see a surgeon and a nurse practitioner to develop a treatment plan. During the week, the child undergoes daily X-rays and the family reviews daily progress with the nurse practitioner. When clinically appropriate, there is a low-radiation option with fewer X-rays. Changes are made to the regimen each day so that by the end of the week, we have reached a regimen which will keep the patient both clean in their underwear and clean on X-ray. The patient then returns to the primary care provider for ongoing care. The bowel management team remains available for questions and other support as necessary.

## TREATMENT TEAM

### Colorectal Surgery

Jason Frischer, MD  
*Director*

Nelson Rosen, MD  
*Associate Director*

Aaron Garrison, MD, FACS  
Beth Rymeski, DO

### Gastroenterology

Ajay Kaul, MD  
Khalil El-Chammas, MD  
Sherief Mansi, MD

### Gynecology

Lesley Breech, MD  
Tara Streich-Tilles, MD

### Urology

Michael Daugherty, MD  
William DeFoor, Jr., MD  
Eugene Minevich, MD  
Pramod Reddy, MD  
Andrew Strine, MD  
Brian VanderBrink, MD

### Advanced Practice Nurses

Sara Conley, APRN-CNP  
Maria Obermeyer, APRN-CNP

### Nursing

Allison Elsner, BSN, RN  
Monica Holder, BSN, RN, CPN  
Allison Patton, BSN, RN  
Megan Rapp, BSN, RN  
Carrie Rayburn, MSN, RN  
Randi Wittenberg, MSN, RN, ONC, CNL

### Behavioral Medicine

Michael Mellon, PhD, ABPP  
Megan Miller, PhD

### Child Life & Integrative Care

Sydney Stigge

### Nutrition

Abby Giangiordano, RD

### Physical Therapy

Chantelle Cunningham, PT  
Maddie Duzyk, OT  
Sarah Fox, PT, DPT  
Amy Stamper, PT

**For patient referrals and non-urgent consultation during business hours, contact the program directly at 1-513-636-3240.**

**For international inquiries, call +1-513-636-3100 or email [international@cchmc.org](mailto:international@cchmc.org).**