

PORIRUA PROTOCOL for all clozapine treated patients

- Guidance to prevent clozapine-related constipation -

- 1**
1. Start regular docusate & senna 2 tabs nocte
 2. Be alert for **RED FLAGS** which might suggest serious pathology
 3. Monitor bowel function regularly
- Be aware patients under-report constipation symptoms
For monitoring consider using Bristol Stool Chart

If still constipated

- 2** Review within 48 hours
- Increase docusate & senna by one tab every 2 days until no longer constipated or max of 2 tabs bd reached

If still constipated

- 3** Review within 48 hours
- Rectal examination to exclude impaction
- a) If impacted stop docusate and senna
 - b) If not impacted continue docusate & senna 2 tabs bd

If still constipated

- 4** Review within 48 hours
- Add macrogol 1 sachet bd

If still constipated

- 5** Review within 48 hours
- Discuss with expert for formulation of individualized regime (may include increased dose of macrogol and enemas)

RED FLAGS

Urgent medical review required for the following:

- Moderate to severe abdominal pain lasting over an hour
OR
- Any abdominal pain/discomfort lasting over an hour AND one or more of the following: abdominal distension; diarrhea (esp bloody); vomiting; absent or high pitched bowel sounds; metabolic acidosis; hemodynamic instability; leukocytosis or other signs of sepsis

If bowel function satisfactory
Continue treatment and monitoring

If diarrhea develops

Gradually reverse steps. Reduce then stop any macrogol. Reduce docusate & senna by one tab every 2 days until bowel function satisfactory

Continue treatment and monitoring