PORIRUA PROTOCOL for all clozapine treated patients
- Guidance to prevent clozapine-related constipation -

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
   Discuss with expert (may need enemas, manual disimpaction)
   b) If not impacted continue docusate & senna 2 tabs bd

If still constipated

4. Review within 48 hours
   Add macrogl 1 sachet bd

If still constipated

5. Review within 48 hours
   Discuss with expert for formulation of individualised regime (may include increased dose of macrogl and enemas)

If bowel function satisfactory
   Continue treatment and monitoring

If diarrhoea develops
   Gradually reverse steps until bowel function satisfactory. First reduce then stop any macrogl. Then reduce docusate & senna by one tab every 2 days
   Continue treatment and monitoring

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; diarrhoea (esp bloody); vomiting; absent or high pitched bowel sounds; metabolic acidosis; haemodynamic instability; leukocytosis; or other signs of sepsis

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