



Caring for the
Next Generation

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Constipation Management Plan

Up to 80% of children who complain of ongoing abdominal pain are constipated. This is usually a functional problem of toilet behavior and diet. Once a child is chronically constipated, the distended bowel does not “sense” the need to go. Therefore, bowels should be cleaned out totally, and then maintained soft for 8 weeks in order to retrain the bowels of the urge to stool.

If I have directed you to do so, perform the following bowel cleanout method followed by an 8 week maintenance plan; then reassess if softeners are still needed.

Bowel Clean Out (Day 1):

Per discussion with Dr. Tardy, start the day at home with an OTC laxative such as:

__ 1-2 small chocolate laxative squares (2-10 year old) **OR** __ 6-8 ounces of Magnesium Citrate (>10 years)

Follow 1-2 hours later with:

Miralax powder (>20lbs) up to 1 capful (17g) per 8 oz fluid of choice; goal of 8oz drinking per 3 hours. Continue Miralax plan until stooling YELLOW and watery. Dark brown water indicates persistent stool in the colon.

If 6-8 hours after you start you still have no stool, the rectum may be plugged. Try a pediatric fleets enema once or twice to get the plug undone, then there should be a rush of stool.

Tips: If your child wants to eat, this is fine. But don't be surprised if their appetite is suppressed. Also, plan on staying home, as there will be constant visits to the toilet!

Warning: If vomiting or severe abdominal pain occurs, stop the clean out and call me immediately.

Maintenance Plan (Day 3):

After an intense cleanout, give the bowel 24h of rest from medicine. Then begin a plan of maintenance with goal of pudding soft stools for 8 weeks. Schedule **Toilet Time** 10-15 minutes every day at same time.

Mix and Match Maintenance options to reach desired level of softness EVERY DAY.

__ **Maximize water intake**

__ **High fiber diet (vegetables/fiber gummies)**

__ P fruits (Pears/Prunes/Peaches) or dark fruit juices (full strength)

__ ½ cup of Berries a day

__ 1 capful of Miralax per 8oz fluid once a day (increase or decrease as needed)

__ Flax Seed/Flax Seed Oil

__ Magnesium Vitamin (ChildLife Calcium & Magnesium or Natural Calm)

Never use daily laxatives or suppositories