First visit for this issue? ☐ Y ☐ N
Copy of action plan given to patient? ☐ Y ☐ N

Constipation Action Plan

For follow up visit, have symptoms improved? ☐ Y ☐ N
Adherence? ☐ Satisfactory ☐ Needs Improvement

Patient Name: _____ DOB: _____ Appt. Date: _____ Provider: _____ Weight: _____

Current symptoms: stools are: ☐ hard ☐ large ☐ painful Withholding Stool/Soiling ☐ YES ☐ NO Stool frequency ☐ ≤2 stools/wk
Impacted? (≤1 stool/wk OR palpable stool on abdominal or rectal exam) ☐ YES ☐ NO

What's going on?

Green Zone - Maintain
"Doing great"

- Passing 1-2 soft, comfortable bowel movements per day

Continue medications for at least 2 months

Management

Medications
❑ PEG 3350 (Miralax*): see chart

Behavioral interventions
❑ Sit on the toilet 2-3 times/day
❑ Track stools on calendar
❑ Sticker chart or prizes for taking medication and stooling in the toilet

Diet
❑ Eat ___ g of fiber per day (daily intake: age + 5-10g/day)
❑ Drink plenty of water

Child's weight	PEG 3350 Daily dose (mix in clear liquid)	Adjust dose every 3 days to achieve goal by
☐ < 10 kg (6+ months)	1/2 to 1 teaspoon in 4 oz. (clear liquid or a bottle)	1/4 to 1/2 teaspoons
☐ 10-20 kg	1 to 2 teaspoons in 4 oz.	1 teaspoon
☐ 21-30 kg	2 teaspoons in 4 oz.	1 teaspoon
☐ 31-40 kg	1 capful in 8 oz.	1/2 capful
☐ 40+ kg	1 to 2 capfuls in 8 oz.	1 capful

Follow-up by phone within 7 to 10 days. Date: _____
Follow-up in office within 4 weeks Date: _____
Initials: Provider _____ Caregiver _____
RTGI ☐ YES ☐ NO . Date: _____

Yellow Zone- Rescue
"Getting backed up"
- No stool in 1-2 days
- Stools are hard or hurt to pass
- Mild to moderate abdominal pain

Increase daily softening medication until back in Green Zone
❑ Increase PEG 3350 to _____ capfuls _____ times per day
Start stimulant medication "Helps the bowels push" until back in Green Zone
❑ Take senna (ex-lax*) ___ chocolate square or ___ ml one time per day
Rescue dose: give half the weight-based dose listed in the 3-day oral disimpaction table below

Red Zone- Cleanout
"Fully backed up, impacted"
- No stool in 4 days
- Yellow zone for 2-3 days without relief
- Worse abdominal pain
- Stool accidents

CALL OFFICE if vomiting, severe pain, fever, bloody stool or if considering going to the Emergency Room

❑ Do a PEG 3350 + senna cleanout (at home, on weekend, expect a lot of stool)

If need immediate relief:
❑ Give saline/Fleet* enema ONE TIME
  ✓ Only for age 2 years and up
  ✓ Do not repeat unless MD advises
❑ Give glycerin (suppository OR enema) once a day for 1-3 days

3-DAY ORAL DISIMPACTION (CLEANOUT)		
Weight	PEG 3350 (e.g. Miralax)	Senna 8.8 mg/5ml syrup OR 15 mg/choc. square
☐ < 10 kg	Use glycerin enema or suppository	
☐ 10-20 kg	0.5 capful in 4oz 2x/day	5 ml syrup daily
☐ 21-30 kg	1.5 capful in 8oz 2x/day	1 square daily
☐ 31-40 kg	2 capfuls in 8oz 2x/day	1 square daily
☐ 40+ kg	2 capfuls in 8oz 3x/day	2 squares daily

*Generic products are fine to substitute for common brands listed