

Chronic Constipation Management Plan

This is a summary of steps to take to help start this process and it focuses mostly on the medication and laxative aspect.

If you only follow the instructions regarding medication and not the behavioral changes this will be a recurring problem.

Treatment Goals

- Soft stools 5-6 times a week.
- Bowel retraining involves addressing every aspect of the cycle for successful treatment.

There are 4 steps for retraining, and they are all equally important.

1. Dis impaction (removal of large rectal stool mass),
2. Maintenance: DAILY treatment with stool softeners and behavioral therapy,
3. Dietary changes,
4. Weaning off laxatives.

1. Dis impaction:

Oral Medication

Stimulant medications -increase intestinal contractions to push stool out. (ex-lax., Dulcolax 5 mg)

Stool softeners -increase water absorption in colon to make stools softer) MiraLAX/PEG

Step 1: In children older than 2 yrs. old take stimulant medication with 8 oz. of liquid 6 hrs. before the time you want it to take effect.

- 2-3 Years Old: 1/2 chocolate square of senna (i.e.)
- 3-12 Years Old: 1 chocolate square of senna or Bisacodyl tablets (i.e.) 1 tab a day
- 12 Years and Older: 2 chocolate squares or oral bisacodyl laxatives (1-3 tablets once a day, 5-15 mg)

Step 2: Mix MiraLAX with non-carbonated liquid and drink full amount in next 2 hrs.

PEG/MiraLAX Dosages Based on Weight:

- Up to 15 kg (33 lbs.): 3.5 capfuls in 16 oz. of clear non-carbonated liquid
- 15-20 kg (33-44 lbs.): 5 capfuls in 20 oz. of clear non-carbonated liquid
- 20-25 kg (44-55 lbs.): 6 capfuls in 24 oz. of clear non-carbonated liquid
- 25-30 kg (55-66 lbs.): 7 capfuls in 28 oz. of clear non-carbonated liquid
- 30-40 kg (66-88 lbs.): 9.5 capfuls in 40 oz. of clear non-carbonated liquid
- 40-50 kg (88-110 lbs.): 12 capfuls in 48 oz. of clear non-carbonated liquid
- >50 kg (>110 lbs.): 14 capfuls in 56 oz. of clear non-carbonated liquid

1-2 hrs. after finishing step 2, they should start passing stool that will become thinner and clearer.

If after 4 hrs. of starting step 2 no stools were passes or are very thick give 1 capful of MiraLAX in 8 oz. of liquid every hour until stools are clear.

It helps to be on a clear diet that day to maximize effects.

Laxatives like ex-lax or Dulcolax can cause “*abdominal pain*” and that is when child should go to the bathroom.

Rectal Medication:

May be needed for severe impaction. They work much faster than oral medications but are more invasive.

- Less than 2 Years old: glycerin suppositories
- 2-12 Years Old: 1/2 of the 4.5 oz. bottle of a mineral oil enema like fleet enema
- 12 Years and Older: 4.5 oz. bottle of mineral oil enema

After rectal medication is done start with MiraLAX and stimulant laxative daily.

2. Maintenance Treatment:

Use stool softeners and behavioral therapy to maintain regular evacuation. Behavioral therapy includes scheduled toilet sitting and positive reinforcement.