

My Constipation Action Plan

Please review this plan with your child's doctor before leaving the office.



The Green Zone: Doing great. Continue to maintain.

GOALS

- Poop 1–2 times each day. Poop should be soft, non-painful to come out.
- No poop accidents.

BEHAVIOR TIPS

- Sit on toilet 2–3 times a day to poop.
- Track your child's poops on a calendar.
- Use sticker charts, rewards for success.

DIET

- Eat _____ grams of fiber every day (daily intake: age + 5–10g/day).
- Drink _____ ounces of water every day.

Medication Instructions

The doctor has instructed your child to take a softening medication every day, a stimulant medication, or both. Follow these medication instructions for at least 2 months. Do not stop unless the doctor tells you to.

SOFTENING MEDICATION

This medication is for children with hard poops or poops that are not easy to pass. It softens the poop and makes it easier to come out.

Take PEG 3350 (MiraLAX®): Mix _____ in _____ ounces of clear liquid _____ times per day. Drink within 30–60 minutes.

| WEIGHT | PEG 3350 (MiraLAX®) daily dose | ADJUST DOSE every 3 days to meet goal |
|-----------|--------------------------------|---------------------------------------|
| < 20 lbs | ½–1 tsp in 4 oz | ¼–½ tsp |
| 20–40 lbs | 1–2 tsp in 4 oz | 1 tsp |
| 41–60 lbs | 2–3 tsp in 4 oz | 1 tsp |
| 61–90 lbs | 1 capful in 8 oz | ½ capful |
| > 90 lbs | 1–2 capfuls in 8 oz | 1 capful |

STIMULANT MEDICATION

This medication is for children who hold in poops, go multiple days without pooping, or have poop smearing or accidents. It helps the bowel push out poop.

Take Senna (ex-lax®): _____ (dose) once a day.

| WEIGHT | SENNA SYRUP 8.8 mg/5 mL | OR | SENNA CHEWABLE 15 mg/square (ex-lax®) |
|-----------|-------------------------|----|---------------------------------------|
| < 20 lbs | n/a | | n/a |
| 20–40 lbs | 2.5–5 mL | | ½ square |
| 41–60 lbs | 5–10 mL | | ½–1 square |
| > 60 lbs | 10–20 mL | | 1–2 squares |

The Yellow Zone: Getting backed up. Time to rescue.

SIGNS AND SYMPTOMS

- Poop is hard and hurts to pass.
- There is mild to moderate belly pain.
- Your child has not pooped in 2 days.

Medication Instructions

Follow these instructions for 1–3 days. When your child poops and symptoms are better, return to the Green Zone and follow the doctor's medication instructions.

STIMULANT MEDICATION

Take Senna (ex-lax®): _____ (dose) once a day.

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The Red Zone: Fully backed up, impacted. Cleanout is needed.

SIGNS AND SYMPTOMS

- Your child has not pooped in 4 days.
- You have followed the Yellow Zone instructions for 2–3 days without relief.
- Your child's belly pain has gotten worse.
- Your child is having repeated poop accidents or smears in their underwear.

Medication Instructions

Follow the doctor's instructions carefully. A cleanout should be done at home. Expect a lot of poop. When the cleanout is complete (poops are almost clear and watery), return to the Green Zone and follow the doctor's medication instructions.

1-DAY CLEANOUT

Take PEG 3350 (MiraLAX®): Mix _____ in _____ ounces of clear liquid for one day. Mix well. Drink it all within 4–6 hours.

1-DAY CLEANOUT

PEG 3350 (MiraLAX®) Dose Recommendation A: 4g/kg/day, 17g=1 capful, mix in 6–8 oz per capful, max of 14 capfuls in 64 oz

PEG 3350 (MiraLAX®) Dose Recommendation B: 0.1 capful/lb, round up to next full capful

3-DAY CLEANOUT

Take PEG 3350 (MiraLAX®): Mix _____ in _____ ounces of clear liquid 2 times per day for 3 days. Mix well. Drink it all within 4–6 hours.

Take Senna (ex-lax®): _____ (dose) once a day for 3 days.

3-DAY CLEANOUT

< 20 lbs Use glycerin (enema or suppository) in rectum once a day for up to 3 days. Stop before day 3 if child poops.

| WEIGHT | PEG 3350 (MiraLAX®) | SENNA 15 mg/square OR 8.8 mg/5 mL syrup (ex-lax®) |
|-----------|-----------------------------|---|
| 20–40 lbs | ½ capful in 4 oz, 2x/day | 8.8 mg (½ square) OR 5 mL (syrup)/day |
| 41–60 lbs | 1 ½ capfuls in 8 oz, 2x/day | 15 mg/day (1 square) |
| 61–90 lbs | 2 capfuls in 8 oz, 2x/day | 15 mg/day (1 square) |
| > 90 lbs | 2 capfuls in 8 oz, 3x/day | 30 mg/day (2 squares) |

FOR IMMEDIATE RELIEF

If your child needs immediate relief of pain during a cleanout, follow the doctor's medication instructions below.

- Give glycerin (enema OR suppository) in rectum once a day for up to 3 days. Stop before day 3 if your child poops.
- Give saline enema OR bisacodyl suppository ONE TIME.
 - Only for children aged 2 years and older.
 - Do not repeat. Call your child's doctor if there is no relief.

When to Get More Help: Call the doctor if your child is vomiting, has severe belly pain, a fever, bloody poop, or if you think your child needs to go to the Emergency Department.