

# 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 \_\_\_\_\_ (6 oz) cups of water every day.  
Clear urine (pee) is a good sign of hydration.  
[minimum daily intake: age\* x 1 (6 oz cup)]  
\*age 13 years and older = 78 oz

## 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.

### ☐ 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®):** \_\_\_\_\_ (total daily dose)

WEIGHT	PEG 3350 (MiraLAX®) daily dose	ADJUST DOSE every 3 days to meet goal
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< 20 lbs	½–1 tsp in 4 oz	¼–½ tsp
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20–40 lbs	1–2 tsp in 4 oz	1 tsp
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41–60 lbs	2–3 tsp in 4 oz	1 tsp
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61–90 lbs	1 capful in 8 oz	½ capful
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> 90 lbs	1–2 capfuls in 8 oz	1 capful
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WEIGHT	SENNA SYRUP 8.8 mg/5 mL	OR	SENNA CHEWABLE 15 mg/square (ex-lax®)
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< 20 lbs	n/a		n/a
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20–40 lbs	2.5–5 mL		½ square
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41–60 lbs	5–10 mL		½–1 square
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> 60 lbs	10–20 mL		1–2 squares
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## The Yellow Zone: Getting backed up. Time to rescue.

### SIGNS AND SYMPTOMS

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

## 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.

### ☐ SOFTENING MEDICATION

**Continue taking PEG 3350 (MiraLAX®)** if instructed in the Green Zone.

### ☐ STIMULANT MEDICATION

Add/Change the following medication:  
**Take Senna (ex-lax®):** \_\_\_\_\_ (total daily dose)

# My Constipation Action Plan

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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.