

Constipation: Cleanout Action Plan

The first step to treating your child's constipation is a good cleanout with a stool softener and a stimulant laxative.

Then, in the "maintenance phase", your child will take a daily dose of stool softener for at least several months to a year. Treating constipation can take a long time, but we'll follow along with you to be sure your child gets back to a normal stool pattern of passing soft stools comfortably every day or every other day.

Part One: Cleanout Phase

Do the clean out when there is access to a bathroom for 24-48 hours. The goal is to have several bowel movements that are loose or watery. Your child will take two medicines.

Start on Friday if your child is in school. Give the first dose on Friday afternoon and the second dose on Saturday morning if needed.

- **Cleanout medicine 1: Stool softener – polyethylene glycol (Miralax, Glycolax or PEG)**

Polyethylene glycol brings water into the bowels. Mix the polyethylene glycol with the amount of clear liquid recommended. Plan to give 4 ounces every 15 minutes or 8 ounces every 30 minutes until complete. You may use clear liquid such as juice, water or tea. Have your child drink lots of liquids when they are on these medications to prevent dehydration.

- **Cleanout medicine 2: Stimulant laxatives – Senna or bisacodyl**

See the charts on the next page for your child's medicines and doses. Give as directed.

Plan to repeat this cleanout in one week.

Part Two: Maintenance Phase to keep bowels regular

Long-term daily stool softener given for at least 6 to 12 months

As soon as your child completes the first cleanout, give polyethylene glycol once daily as indicated in the maintenance dosing chart below. It needs to be taken daily for at least 6 to 12 months and often longer. Mix the medicine with liquid, such as juice, tea or water. It's very important to mix the medicine with the full amount of liquid suggested. You can increase or decrease the dose as needed to achieve mashed potato consistency stools.

Toileting Routine and Diet Recommendations

To help make stooling comfortable and regular, we recommend you help your child with this routine:

- Toileting habits: If possible, sit on the toilet 2-3 times a day after meals for at least 5 minutes without lots of distractions – avoid games, books and electronics as much as possible.
- Toileting position: Knees should be hip level and feet flat against the ground or on a footstool to relax buttocks.
- Diet: Your child does not need excess fiber or water, but should drink enough water or liquids so that the urine is clear and eat a healthy diet with 5 servings a day of fruits/vegetables plus 2 servings of fiber (whole grains, bran, barley).

To help your child understand all of this, Watch ["The Poo in You"](#) video on You Tube with your child. It's great!

Follow Up Visit Recommendations

Please schedule a follow up within _____ days.

- Telephone Call
- Telemedicine Visit
- Office Visit

This Can Be Challenging!

Please don't hesitate to call our office if you have any questions or concerns.

First Part: 2 day Cleanout Phase – Use stool softener and a stimulant laxative

Cleanout Medicine 1: Stool softener – polyethylene glycol (Miralax, Glycolax or PEG)

Stool Softener

Medicine Name	How Often	Child's Weight (kg)	Child's Weight (lbs)	Miralax Dose	Mix with Clear Liquid
<p>Polyethylene glycol (Miralax, Glycolax or PEG)</p> <p>1 Capful = 17 grams. Use the cap that comes on the medicine bottle.</p> <p>Dosing: 3 grams/kilogram/day</p> <p>Each capful should be mixed with 4 ounces of liquid</p>	<p>4 ounces every 15 minutes or 8 ounces every 30 minutes until complete</p> <p>1 time in the afternoon and repeat the following morning</p>	10 to 19.9 kg	22 to 43 lbs	<input type="checkbox"/> 2 – 3 capfuls	8 – 12 ounces
		20 to 29.9 kg	44 to 65 lbs	<input type="checkbox"/> 4 – 5 capful	16 – 20 ounces
		30 to 39.9 kg	66 to 87 lbs	<input type="checkbox"/> 5 - 7 capfuls	20 – 28 ounces
		40 to 49.9 kg	88 to 109 lbs	<input type="checkbox"/> 7 - 9 capfuls	28 – 36 ounces
		50 to 69.9 kg	110 to 154 lbs	<input type="checkbox"/> 9 - 12 capfuls	36 - 48 ounces
		70 kg and over	Over 154 lbs	<input type="checkbox"/> 3 g/kg/day	4 ounces for 17 grams

Cleanout Medicine 2: Stimulant laxative – choose either Senna or bisacodyl

Stimulant Laxative

Medicine Name	How Often	Child's Weight (kg and lbs)	Child's Age	Dose
<p>Senna</p> <p>Available at these strengths over the counter:</p> <ul style="list-style-type: none"> - 8.6 mg tablet - 15 mg chocolate chew (ExLax) 	<p>1 time in the afternoon and repeat the following morning</p> <p>*If no adequate stool after the first day, double the chocolate chew dose</p>	10 to 25 kg 22 to 55 lbs	2 to 6 years	<input type="checkbox"/> ½ tablet or <input type="checkbox"/> ¼ chocolate chew
		25 to 40 kg 55 to 88 lbs	6 to 12 years	<input type="checkbox"/> 1 tablet or <input type="checkbox"/> ½ chocolate chew
		40 kg+ 88 lbs and over	12 years+	<input type="checkbox"/> 2 tablets or <input type="checkbox"/> 1 chocolate chew
<p>Bisacodyl</p> <p>5 mg tablet by prescription or over the counter</p>	<p>1 time in the afternoon and repeat the following morning</p>	15 to 40 kg 23 to 88 lbs	3 to 10 years	<input type="checkbox"/> 1 tablet
		40 kg + 88 lbs and over	10 years +	<input type="checkbox"/> 1 to 2 tablets

Second Part: Maintenance Phase – Use a stool softener

Stool Softener

Medicine Name	How Often	Child's Weight (kg)	Child's Weight (lbs)	Miralax Dose	Mix with Clear Liquid
<p>Polyethylene glycol (Miralax, Glycolax or PEG)</p> <p>1 Capful = 17 grams. Use the cap that comes on the medicine bottle.</p> <p>Dosing: 1 gram/kilogram/day Max Daily Dose: 34 grams</p> <p>You can increase or decrease the dose as needed to achieve mashed potato consistency stools.</p>	<p>1 time a day</p>	10 to 14.9 kg	22 to 32 lbs	<input type="checkbox"/> ½ - 1 capful	4 to 8 ounces
		15 to 19.9 kg	33 to 43 lbs	<input type="checkbox"/> 1 capful	4 to 8 ounces
		20 to 24.9 kg	44 to 54 lbs	<input type="checkbox"/> 1 – 1½ capfuls	4 to 8 ounces
		25 to 29.9 kg	55 to 65 lbs	<input type="checkbox"/> 1½ - 2 capfuls	8 ounces
		30 kg and over	Over 66 lbs	<input type="checkbox"/> 2 capfuls	8 ounces