Constipation Algorithm Patients

< 1 Years Old

Dx of Constipation?

Complete Pt. history and Physical Exam

Red flags for Potential Referral:
- Failure to thrive
- Abdominal distension
- Projectile or bilious vomiting
- No passage of meconium in 1st 48 hours
- Lumbosacral tufts or dimples
- Displaced or patulous anus, no anal wink

Yes

Consult with Pediatric GI or Pediatric Surgeon

No

Pts. < 6 months of age

Prune juice 1-2 oz per day, straight or mixed in bottle, occasional glycerin suppository (up to twice/month)

Symptoms Improved

No

Refer to Pediatric GI

Yes

Continue for 1-2 months, then wean as tolerated

Pts. 6-12 months of age

Verify family education and diet

Symptoms Improved

No

Check adherence

Yes

Prescribe:
Polyethylene Glycol 0.4-1.0 g/kg/day, or Lactulose 1 ml/kg/day, or Magnesium Hydroxide 1 ml/kg/day.

Symptoms Improved

No

Re-evaluation, Education, Check adherence

Yes

Refer to Pediatric GI

Symptoms Improved

No

Continue for 1-2 months, then wean as tolerated

Constipation Dx.:
Pt. experiences 1 month of at least 2 of the following:
- 2 or fewer defecations per week
- History of excessive stool retention
- History of painful or hard bowel movements
- History of large diameter stools
- Presence of a large fecal mass in the rectum

Updated: 12/13/19