

## **Constipation Guidance**

### **Diet recommendations:**

- Minimize bananas
- Minimize raw apples
- Minimize cheese
- Minimize carrots
- Minimize junk food (chips, crackers, candy, and concentrated sweets)
- Milk and Soy: no more than 16oz a day
- Encourage water intake
- Juice: prune, apple or plum smart (hold to 4oz per day)
- Offer canned pears
- Offer fruits
- Offer vegetables
- Offer high fiber/multigrain foods

### **Behavioral recommendations:**

- After meals encourage child to sit on the toilet for 5-10 minutes for stool evacuation
- Should be a stress-free environment
- do not pressure to produce stool
- Allow to read books/listen to music/relax
- Consider using the “Poo Keeper app” for convenient tracking of BM

### **Medication:**

- MiraLAX daily with dinner/evening meal
  - May titrate ( lower dose) to half dose and/or every other day dose
  - Titrate if stool child is having multiple loose stools daily

### **Instructions for Bowel Clean-Out/Dissipation: to be performed after instructed to do so by medical provider**

Steps: 1-3	Medications	3-5 years old	6-11 years old	≥12 years old
1	bisacodyl/Dulcolax and senna/Ex-lax	5mg 1 square	5mg 1 square	10mg 1 square
2	MiraLAX: mix in Gatorade (avoid red) Drink over 2-3 hours	4 capfuls in 20oz	6 capfuls in 32oz.	10 capfuls in 32oz.
3	Repeat step #1 after step #2 is completed	5mg bisacodyl 1 square senna	5mg bisacodyl 1 square senna	10mg bisacodyl 1 square senna