

## ***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 bowel movements

### **Medication:**

MiraLAX daily with dinner/evening meal

- May titrate to half dose and/or every other day dose
- Titrate the dose if your child is having multiple loose stools daily

### ***MiraLAX dosing***

**6-12 months:** ½ (half) teaspoon

**1-3 years:** 1 teaspoon

**4-7 years:** 2-3 teaspoons

**8-15 years:** 1-2 tablespoons

**Instructions for Bowel Clean-Out/Disimpaction: 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 or purple) Drink over 2-3 hours	4 capfuls in 20oz	6 capfuls in 32oz.	10 capfuls in 32oz.
3	Repeat step #1 at least 2 hours after step #2 is completed	5mg bisacodyl 1 square senna	5mg bisacodyl 1 square senna	10mg bisacodyl 1 square senna

When completing the cleanout process, your child should only be taking in clear fluids, **NO SOLID FOODS**. Clear fluids include: water, juices without pulp, Jell-O or gelatin without fruit, sports drinks, clear broths, hard candies without a filling, ice pops or popsicles without fruit or yogurt. We recommend avoiding red and purple drinks, jell-o, popsicles or ice pops as this may look like blood in the stools.

If the cleanout process is successful your child should be having clear, liquid stools. Please call our office if this does not happen or if you have any concerns.

We recommend after doing a cleanout to continue on MiraLAX to avoid rebound constipation. Please review the MiraLAX dosing based on age located on page 1. You can increase or decrease (titrate) the dose so that they are having regular soft stools.