## **Constipation Action Plan**

To be completed by your medical provider.

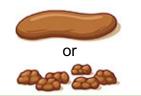
### Name:

# **GREEN ZONE** <sup>(2)</sup>

### **Symptoms**

- No straining to poop
- Your poop is soft:

 Straining to poop Pain when pooping • Your poop is hard:



### Great job! Keep taking this medication: As needed $\frac{1}{2}$ cap $1\frac{1}{2}$ caps Every other day Miralax 1x a day 1 cap 2 caps

Date:

If you are having a lot of watery poop, cut down on your Miralax. We also suggest the everyday changes on the back of this sheet.

## YELLOW ZONE **Symptoms**

### Plan

Plan

1. For 3 days, increase your dose to the following:

Miralax	½ cap 1 cap	1½ caps 2 caps	1x a day 2x a day 3x a day
Sometimes, Miralax medication called a " Medication Name		ative," such as Ser	

Tip: Expect watery poop during the yellow zone.

- 2. Stay hydrated! (At least 8 cups of clear liquids a day)
- 3. Call your doctor to let them know.
- 4. After 3 days, go back to the green zone plan.

### **RED ZONE** 😕 no poop for more than 5 days **Symptoms** Plan 1. Call your doctor or go to the Sick Clinic. Your doctor may • Severe pain prescribe an enema or a glycerin suppository. Blood in poop $\Rightarrow$ Give the enema or suppository (instructions on back). Poop is leaking

- $\Rightarrow$  After your child poops, go back to the yellow zone plan.
- 2. Go to the emergency department if your child has severe pain lasting more than 2 hours, or as instructed by your doctor.

### Low appetite

Bloated tummy

Vomiting

2x a day

### no poop for 3-5 days

St. Christopher's Hospital for Children A PARTNERSHIP OF TOWER HEALTH AND DREXEL UNIVERSIT

pooping every 1-3 days

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# Additional Information

**Please note**: This action plan is only for constipation that is not because of another medical problem. Tell your doctor if your child has ever had any of the following:

- Did not poop within 48 hours after birth
- Symptoms started before 1 month old
- Family members with Hirschsprung disease
- Bloody poop with fever, mouth sores, joint pain, or rash
- Losing weight or not gaining weight

## **Everyday Life Changes to Improve Constipation**

- Eat lots of high-fiber foods like fruits, veggies, beans, oatmeal, brown rice, and brown bread. For some people, bananas can make their poop harder.
- Stay hydrated and drink plenty of clear liquids.
- If your child feels like they have to poop, they should not hold it in.
- If your child is not toilet trained yet, don't start until their poops are soft.
- Praise your child every time they poop. Do not punish them if they have an accident.
- **Toilet Retraining:** Sometimes, children who have been constipated for a long time lose the feeling of needing to poop. In this case, toilet retraining can be helpful:
  - $\Rightarrow$  Sit on the toilet after every meal for at least 5 minutes
  - ⇒ Smaller children may need something under their feet to help them push.
  - ⇒ They should try to poop, but it is okay if they can't.

## Miralax\* dosing

Weight (kilograms)	Weight (pounds)	Green Zone Total Daily Dose	Yellow Zone Total Daily Dose	
10-20 kg	22-43 lb	½ cap	1 cap	Please note: These are just suggestions. Your
20-40 kg	43-88 lb	1 cap	2 caps	doctor may pick a different dose based on your symptoms or what has worked before.
40-60 kg	88-132 lb	1½ caps	3 caps	symptoms of what has worked before.
Over 60 kg	Over 132 lb	2 caps	4 caps	

\*Polyethylene glycol is the generic name for Miralax.

### How to give an enema

- Lie your child on their side.
- Place the small tube inside your child's rectum. You can use petroleum jelly (Vaseline) to help the tube go in more easily.
- Flush the enema through the tube into your child's rectum.
- After 5-10 minutes, have your child sit on the toilet to stool.

## How to give a rectal suppository

- 1. Position your child: Lie your child on their side and bend the knees toward their chest. Alternatively, you can place them on their back with legs raised, as if changing a diaper.
- 2. Open the buttock cheeks until you can see the anal opening.
- Gently insert the round end of the suppository into the anal opening using the tip of your index finger. The suppository should be placed 1/2 to 1 inch inside. It shouldn't fall back out.
- 4. Gently hold the buttock cheeks closed for 10-15 minutes.

### **Fleet Enema Dosing**

Age	Dose
2-5 years	1/2 pediatric fleet (33mL)
5-11 years	1 pediatric fleet (66mL)
12+ years	1 adult fleet (133mL)

### Other helpful tips:

- If the suppository is too soft to insert, you can chill it inside the refrigerator for 30 minutes or run under cold water before removing the wrapper.
- If you need to cut the rectal suppository, cut it lengthwise.
- If needed, you may use a water-based lubricant. Do not use petroleum jelly (Vaseline) to lubricate the suppository.

St. Christopher's Hospital for Children is not affiliated with the brand names Miralax, Senna, Dulcolax, or Vaseline.

- Leg weakness
- Cystic fibrosis
- A skin dimple or a tuft of hair on the lower spine
- You are taking both Miralax and a stimulant laxative, and it is not getting better.