Blue Ridge Pediatrics
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CONSTIPATION ACTION PLAN

Constipation is a very common issue among kids. It is important to eat a balanced diet with plenty of fiber (found in fruits and vetgetables). All meals should include a fruit and vegetable to give your child their adequate fiber intake. Water intake is also crucial to both prevent AND treat constipation.

WHEN I AM NOT CONSTIPATED (STEP 1):

- I am having 1-2 daily soft bowel movements (like toothpaste or mashed potatoes).
- I do not strain or have pain when I use the bathroom.

- I should be drinking half my body weight in ounces of water every day.
- I should make sure I get my age plus 5 grams of fiber daily.
- If I am prescribed Lactulose or Miralax, I should take the daily dose that allows me to have at least one soft stool everyday.

WHEN I START TO FEEL CONSTIPATED (STEP 2:)

- I am starting to strain when I have bowel movements.
- My bowel movements might start to look like rocks or balls.
- I might have gone 2-5 days without a bowel movement and my stomach hurts.

- I should continue the steps above.
- I should take 2 cap fulls of Miralax once or twice daily in 16 ounces of gatorade zero/water.
- I should do this for 3 days. If after 3 days my poops look like step 1, I can go back to step 1.
- If after 3 days I am not having poops like step 1 then I should take 1-2 chocolate ex-lax squares a night.
- If no change in 24hrs go to step 3

WHEN MY CONSTIPATION HAS GOTTEN OUT OF HAND (STEP 3)

CLEAN OUT PHASE:

- I do not remember the last time I had a bowel movement (it has been over 6 days).
- I keep trying to use the bathroom but nothing will come out.
- I am having vomiting.

Complete cleanout:

- Take 5 capfuls of Miralax in 20 ounces of liquid like Gatorade Zero.
- Plus 2-3 ExLax cholcolate wafers
- then drink 20 ounces of water within one hour
- **hydration is important in the cleanout phase:** drink 24 ounces within 1 hour after taking the Miralax.
- I SHOULD NOT stop until I am having watery poops. Once this happens, SLOWLY decrease the amount of miralax your child is taking daily until poops reach step 1 again.

WHAT IF NONE OF THIS HELPS?

If it has been 48 hours after starting step 1, you should call to scheudle an appointment with Dr. Gully as soon as possible.