

# My Constipation Action Plan

Please review this plan with your health care team before you leave the office

## The Green Zone: Doing Great/Maintain

- Passing 1–2 soft, non-painful BMs a day

### GOAL

- No soiling

Continue medicine for at least 2 months

### BEHAVIOR TIPS

- Sit on toilet 2–3 times a day
- Track stools on calendar
- Positive reinforcements:  
Sticker charts, incentives

WEIGHT	PEG 3350 DAILY DOSE	ADJUST DOSE*
< 20 lbs	½ to 1 tsp in 4 oz of drink	¼ to ½ tsp
20-40 lbs	1 to 2 tsp in 4 oz of drink	1 tsp
41-60 lbs	2–3 tsp in 4 oz of drink	1 tsp
61-90 lbs	1 capful in 8 oz of drink	½ capful
> 90 lbs	1 to 2 capfuls in 8 oz of drink	1 capful

### MEDICATION PLAN (PEG 3350/MiraLAX®)

WEIGHT	PEG 3350 DAILY DOSE	ADJUST DOSE*
< 20 lbs	½ to 1 tsp in 4 oz of drink	¼ to ½ tsp
20-40 lbs	1 to 2 tsp in 4 oz of drink	1 tsp
41-60 lbs	2–3 tsp in 4 oz of drink	1 tsp
61-90 lbs	1 capful in 8 oz of drink	½ capful
> 90 lbs	1 to 2 capfuls in 8 oz of drink	1 capful

### DIET

Eat \_\_\_\_\_ (Age + [5–10g]) grams of fiber a day

\*every 3 days

## The Yellow Zone: Time to Rescue/Getting Backed-up

### RESCUE IS NEEDED WHEN

- Stools are hard and hurts to pass
- Mild to moderate belly pain
- No BM in 2 days

A stimulant medicine helps the bowel push out the poop

### MEDICATION PLAN

START STIMULANT MEDICATION UNTIL BACK IN THE GREEN ZONE

Take Senna \_\_\_\_\_ (dose) once a day

AND/OR

INCREASE DAILY STOOL SOFTENER UNTIL BACK IN THE GREEN ZONE

Increase PEG 3350 to \_\_\_\_\_ capfuls \_\_\_\_\_ times per day

## The Red Zone: Needs a Clean-out/Fully Backed-up

### NEEDS A CLEAN-OUT WHEN

- No BMs in 4 days
- In yellow zone for 2–3 days without relief
- Worse belly pain
- Soiling
- Sit on toilet 2–3 times a day

The clean-out can be over 3 days or 1 day (works faster)

Call the doctor if vomiting, severe pain, fever, bloody stool, or if you think the child needs to go to the Emergency Department.

Do not repeat enema more than once. Call the doctor if no relief with enema

### DO A PEG 3350 + SENNA CLEAN-OUT

#### 3 Day Clean-out

WEIGHT	PEG 3350	SENNA*
< 20 lbs	Use glycerin enema or suppository per rectum	
20–40 lbs	½ capful in 4 oz, 2x/day	8.8 mg (5 mL)
41–60 lbs	1 ½ capfuls in 8 oz, 2x/day	15 mg (1 square)
61–90 lbs	2 capfuls in 8 oz, 2x/day	15 mg (1 square)
> 90 lbs	2 capfuls in 8 oz, 2x/day	30 mg (2 squares)

#### 1 Day Clean-out

DOSE RECOMMENDATION A: 4g/kg/day, 17g = 1 capful, mix in 6–8oz per capful  
DOSE RECOMMENDATION B: 0.1 capful/lb, round up to next full capful

PEG 3350 \_\_\_\_\_ capfuls in \_\_\_\_\_ ounces of liquid

#### For Immediate Relief

Glycerin suppository or enema daily for 1–3 days

Age 2 years and up may get saline enema **one time**