

Constipation Management

Your child has been diagnosed with constipation. Constipation is when a person has bowel movements (poops) less frequently, or the poop is hard, dry, or difficult for them to pass. When a person is chronically constipated (occurs for 3 months or more) their intestines become stretched out. When the intestines are stretched out it makes it difficult for their intestines to work correctly. Your child will need to complete a bowel cleanout to help get all of the old poop out of the way, which will allow for your child to poop more easily. They will also need to be started on a daily dose of a laxative to make sure that they continue to have one soft poop every day.

Instructions for bowel cleanout

- 1.) Select a day that your child will be at home all day and close to the bathroom. Your child must remain on a clear liquid diet the entire day. Clear liquids are water, juices, that do not contain pulp, sports drinks, soup broth, Jell-O, and popsicles. In addition to the fluids that your child is drinking with the MiraLAX, it is important that they drink other fluids to ensure that they are staying hydrated.
- 2.) There are three possible bowel cleanout instructions. Your provider will inform you which Plan that they would like you to follow based on the level of constipation that your child has.
- 3.) The bowel cleanout should be started no later than 8:00 a.m to ensure that it can be completed and results produced during waking hours.
- 4.) The bowel cleanout will cause your child to have multiple liquid poops.
- 5.) Your child has successfully completed the bowel cleanout when they have had 3 clear poops in a row. Liquid poop can go around harder masses of poop, therefore one clear poop does not equal success.
- 6.) If by the end of the day your child has not had 3 clear poops, that have no flecks stool in them, then the bowel cleanout will need to be completed again the following day.
- 7.) 2 days after the bowel cleanout your child will need to have a repeat x-ray of their abdomen to ensure that the bowel cleanout was truly successful.
- 8.) The day following the cleanout it is extremely important for your child to start a daily dose of MiraLAX to ensure that the constipation does not return.

Plan A

- _____ under 25 lbs: Mix 2 capfuls of MiraLAX in 16 ounces of any clear drink or water
- _____ 26-40 lbs: Mix 3.5 capfuls of MiraLAX in 16 ounces of any clear drink or water
- _____ 41-60 lbs: Mix 4 capfuls of MiraLAX in 16 ounces of any clear drink or water
- _____ 61-90 lbs: Mix 7.5 capfuls of MiraLAX in 32 ounces of any clear drink or water
- _____ 91lbs and over: Mix the entire 238 gram bottle of MiraLAX into 64 ounces of any clear drink or water

Your child should drink 4-6 ounces of the mixture every 30 minutes until the mixture is gone. If your child starts to feel full or nauseated, stop drinking for at least 30 minutes. When they resume, they can drink 4-6 ounces every 45-60 minutes

Plan B

____ Age 5 and under: Patient to take 1/2 of an Ex-Lax Chocolate square the night before the bowel cleanout and another 1/2 Ex-Lax Chocolate square the morning of. Complete the MiraLAX bowel cleanout as discussed. If by the late afternoon (3 p.m.) patient is not having stools that are see-through, give another 1/2 Ex-Lax Chocolate square.

____ Age 6 and over: Patient to take one Ex-Lax Chocolate Square the night before the MiraLAX cleanout and the morning of. Patient to complete the MiraLAX cleanout. If by late afternoon patient is not having stools that you can see through to give them another Ex-Lax Chocolate square.

AND

- ____ under 25 lbs: Mix 2 capfuls of MiraLAX in 16 ounces of any clear drink or water
- ____ 26-40 lbs: Mix 3.5 capfuls of MiraLAX in 16 ounces of any clear drink or water
- ____ 41-60 lbs: Mix 4 capfuls of MiraLAX in 16 ounces of any clear drink or water
- ____ 61-90 lbs: Mix 7.5 capfuls of MiraLAX in 32 ounces of any clear drink or water
- ____ 91lbs and over: Mix the entire 238 gram bottle of MiraLAX into 64 ounces of any clear drink or water

Your child should drink 4-6 ounces of the mixture every 30 minutes until the mixture is gone. If your child starts to feel full or nauseated, stop drinking for at least 30 minutes. When they resume, they can drink 4-6 ounces every 45-60 minutes

Plan C

- ____ 17.5-22 lbs: No Ex-Lax Chocolate or Bisacodyl
Mix 2.5 capfuls of MiraLAX in 1 cup of a clear drink or water
- ____ 22.2-33 lbs:
Mix 3.5 capfuls of MiraLAX in 2 cups of a clear drink or water
- ____ 33.2-44 lbs: 1 Ex-Lax Chocolate
Mix 5 capful of MiraLAX in 20 ounces of a clear drink or water
- ____ 44.2-55 lbs: 1 ½ Ex-Lax chocolate
Mix 6 capfuls of MiraLAX in 24 ounces of a clear drink or water
- ____ 55.2-66 lbs: 1 ½ Ex-Lax Chocolate
Mix 7 capfuls of MiraLAX in 28 ounces of a clear drink
- ____ 66.2-88 lbs: 5mg (1 tablet) Bisacodyl laxative (Dulcolax)
Mix 9.5 capfuls of MiraLAX in 40 ounces of a clear drink
- ____ 88.2-110 lbs: 5 mg (1 tablet) Bisacodyl Laxative (Dulcolax)
Mix 12 capfuls of MiraLAX in 48 ounces of a clear drink
- ____ 110.2 lbs or more: 10 mg (2 tablet) Bisacodyl Laxative (Dulcolax)
Mix 14 capfuls of MiraLAX in 56 ounces of a clear drink

If indicated Ex-Lax or Bisacodyl should be taken at 8:00 am. Starting at 10:00 am your child should drink 6-8 ounces of the mixture every 30-60 minutes until the mixture is gone.

Please contact your provider if you have any questions or concerns.