

# Constipation



## What is Normal?

It is normal for a child to go to the bathroom anywhere from 3 times per day to once every 2 days. Children who go every 3 days tend to drift into longer times.

## How can you manage it?

- **Increase water intake.** A good rule of thumb is about half of your body weight in ounces of water per day
- **Be sure to eat foods high in fiber** - fruits, veggies, beans, lentils, almonds, chia seeds, whole grains, avocado, oatmeal
- **Schedule potty time 1-3 times per day.** Best to do after meals. No more than 5 minutes at a time. Use positive reinforcements.
- **Use a squatty potty or stool and breathing techniques** to help activate and relax muscles. Inhale deep belly breaths and exhale through a straw or moo.
- **Probiotics** - The more strains of bacteria the better. Look for *Lactobacillus* and *Bifidobacterium*

## What is it?

Constipation is commonly defined by the following symptoms: hard stools, painful stools, and stools that are difficult to pass, infrequent, or incomplete, dry, or hardened.

## Medications

MiraLAX Dose = \_\_\_\_\_. Can titrate dose up to max of 2 capsules per day (1 capsule twice a day) or as little as needed to have 1-2 soft, small stools per day. It is better to give it daily but if even small doses are causing diarrhea then can give every other day. Make sure to mix in at least 6-8 oz of water/juice and drink within an hour.

Milk of Magnesia (400mg/5ml) Dose = \_\_\_\_\_ given 1-2 times per day as needed

Stimulant Laxative	Dose	Onset (hours)
<b>Senna (syrup 8.8 mg sennosides/5 mL or tablets 8.6 mg sennosides/tab)</b>		6 to 12
2 to 6 years	2.5 to 3.75 mL once or twice per day	
6 to 12 years	5 to 7.5 mL (or 1 to 2 tabs) once or twice per day	
12 years and older	5 to 15 mL (or 1 to 3 tabs) once or twice per day	
<b>Bisacodyl</b>		
Oral (5 mg tablets)	Must be able to swallow tablet whole; tablet cannot be crushed	6 to 10
Children 3 to <10 years	5 mg (1 tablet) once daily	
Children ≥10 to <12 years	5 to 10 mg (1 to 2 tablets) once daily	
Children ≥12 years and adolescents	5 to 15 mg (1 to 3 tablets) once daily	
Rectal (10 mg suppositories)		0.25 to 1
Children 2 to <10 years	5 mg (1/2 suppository) once per day	
Children ≥10 years and adolescents	5 to 10 mg (1/2 to 1 suppository) once per day	



**304-599-8000**

**Remember we are only a phone call/text away!**