



Constipation Home Care

What are the symptoms of constipation?

- Many days without normal bowel movements
- Hard stools that are difficult or painful to pass
- Abdominal pain, stomachaches, nausea
- Rectal bleeding
- Soiling
- Poor Appetite
- Cranky behavior

The Goal for constipation relief is for daily, easily passible stools equivalent to Type 4 on the Bristol Stool Chart

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Dietary Changes

- ENSURE ADEQUATE HYDRATION
- INCREASE “P” FRUITS SUCH AS PEARS, PEACHES, PRUNES, PLUMS
- DECREASE BANANAS, CEREALS AND OTHER STARCHY FOODS
- INCREASE FIBER IN DIET

Miralax Cleanout

- Some conditions such as severe constipation may require a bowel cleanout
- Have your child drink a cup of 8 oz liquid with each Miralax dose
- Ensure bland diet during cleanout phase such as soup, applesauce, mashed potatoes
- Plan to be at home as much as possible for 2 days due to frequent and unpredictable stools

Less than 22 pounds	Give 1/3 capful, 3 times each day for 2 days.
23 – 33 pounds	Give 1/2 capful, 3 times each day for 2 days.
34 – 44 pounds	Give 1/2 capful, 3 times each day for 2 days.
45 – 55 pounds	Give 3/4 capful, 3 times each day for 2 days.
56 – 99 pounds	Give 1 capful, 3 times each day for 2 days.
100 – 110 pounds	Give 1 1/2 capfuls, 3 times each day for 2 days.

- Continue with maintenance dosing below as needed (typically recommended for a period of time equal to half of the time of constipation) Chronic constipation may require weeks to months of maintenance therapy

Children under 5 years old	Give 1/2 capful
Children 5 to 12 years old	Give 3/4 capful
Children 12 years old and older	Give 1 capful