Constipation Treatment Recommendations When Child Is Over One Year of Age, for New Diagnosis or Recurrence of Symptoms

These recommendations are intended only as a guide for practitioners. These recommendations should be adapted to each specific patient based on practitioners’ professional judgment and their consideration of the unique circumstances and needs of each patient and their family.

I. INITIAL EVALUATION:

Constipation is defined as: hard or difficult to pass stools OR unable to pass BM after 10 minutes of straining or pushing OR no BM in 3 days or longer. It may be accompanied by abdominal or rectal pain and crying.

Confirm no history of anorectal malformation or surgery or Hirschsprung’s. Consult surgery if present prior to starting the protocol.

Confirm normal anorectal anatomy by rectal exam, consult surgery if not normal prior to starting the protocol.

Confirm constipation by physical exam, rectal exam, or abdominal x-ray.

If constipation present, proceed to cleanout phase first.

II. CLEANOUT PHASE:

Have the patient complete a 3 day bowel cleanout with Polyethylene Glycol, (known as MiraLAX®, GlycoLax® or PEG®) AND a stimulant medication as described below.

Repeat cleanout every 2 weeks until having mashed potato consistency stools every day, no abdominal pain and no soiling. Maintenance MiraLAX® should begin the next day after 1st cleanout is complete, see below. A clear liquid diet during the cleanout will increase its effectiveness.

A. Polyethylene Glycol: Give the following dose 2 times a day for 3 days:

<table>
<thead>
<tr>
<th>Child’s weight (approximate age)</th>
<th>Child’s MiraLAX® dose</th>
<th>Maximum Titration amount (+/-)</th>
<th>Daily liquid intake (prefer clear)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 to 14.9 kgs. (2 yr old)</td>
<td>□ ½ capful</td>
<td>□ ¼ cap</td>
<td>□ 1000 ml</td>
</tr>
<tr>
<td>15 to 19.9 kgs. (3-4 yr old)</td>
<td>□ ¾ capful</td>
<td>□ ¼ cap</td>
<td>□ 1250 ml</td>
</tr>
<tr>
<td>20 to 24.9 kgs. (5-6 yr old)</td>
<td>□ 1 capful</td>
<td>□ ½ cap</td>
<td>□ 1500 ml</td>
</tr>
<tr>
<td>25 to 29.9 kgs.(7-8 yr old)</td>
<td>□ 1 ¼ capful</td>
<td>□ ½ cap</td>
<td>□ 1600 ml</td>
</tr>
<tr>
<td>30 to 39.9 kgs. (9-11 yr old)</td>
<td>□ 1 ½ capful</td>
<td>□ ¾ cap</td>
<td>□ 1750 ml</td>
</tr>
<tr>
<td>40 to 49.9 kgs. (12-14 yr old)</td>
<td>□ 1 ¾ capfuls</td>
<td>□ ¾ cap</td>
<td>□ 2000 ml</td>
</tr>
<tr>
<td>50 to 69.9 kgs. (14-16 yr old)</td>
<td>□ 2 capfuls</td>
<td>□ 1 cap</td>
<td>□ 2250 ml</td>
</tr>
<tr>
<td>70 kgs. and over (16 and older)</td>
<td>□ 2 ½ capfuls</td>
<td>□ 1 cap</td>
<td>□ 2500 ml</td>
</tr>
</tbody>
</table>
B. **Stimulant:** Based on patient age and preference, also give one dose of one of the following medications each evening in addition to MiraLAX® for the 3 day cleanout: WARNING: Any oral medication could contain sugar and is therefore contraindicated for any child on the ketogenic diet. Please consult a pharmacist.

*Age 12 to 18 months:*
- Senna 4.4 mg. By prescription: 1/2 teaspoons (2.5 ml) or OTC: Little Tummy’s Laxative Drops® (0.5 ml)

*Age 18 months to 5 years:*
- Senna 13.2 mg. By prescription: 1 ½ teaspoons (7.5 ml) or OTC: Little Tummy’s Laxative Drops® (1.5ml) or ¾ regular strength Ex-Lax® chocolate chew

*5-10 years prefers liquid:*
- Senna 17.6 mg. By prescription: 2 teaspoons (10 ml) or OTC: Little Tummy’s Laxative Drops® (2ml) or 1 regular strength Ex-Lax® chocolate chew

*5-10 years, prefers pill:*
- Bisacodyl (Dulcolax®) 10 mg. By prescription or OTC: 2 tablets (5mg each)

*Over 10 years, prefers liquid:*
- Senna 26.4 mg. By prescription: 3 teaspoons (15 ml) or OTC: Little Tummy’s Laxative Drops® (3ml) or 1 ½ regular strength Ex-Lax® chocolate chews

*Over 10 years, prefers pill:*
- Bisacodyl (Dulcolax®) 15 mg. By prescription or OTC: 3 tablets (5mg each)

C. **Enemas:** If child is in significant pain, an age appropriate enema can be added to the initial cleanout.

III. **MAINTENANCE PHASE:**

As soon as the child completes the first cleanout, give polyethylene glycol once daily at the dose listed in the table above. Dose can be titrated as above with a goal of stools that are the consistency of mashed potatoes. Insure they drink the recommended amount of fluid daily.

Length of maintenance treatment depends on how long symptoms were present:
- Constipation present for 6 months or less: 4 months
- Constipation present for 6-12 months: 6 months
- Constipation present for longer than 12 months: 12 months.

If patient completes 3 cleanouts and takes **consistent** daily MiraLAX® and symptoms do not resolve, consider further work up or referral.
REFERENCES: