

Chronic Constipation Treatment

3-Day Cleanout and Maintenance Dosing Tables

Constipation treatment is a 3-day cleanout. Repeat cleanouts and maintenance treatment if necessary.

Your provider will select 2 medicines to help with your child's constipation: a stool softener and a stimulant laxative. Most stool medicines can be bought over the counter at your local pharmacy without a prescription. Higher-dosed stimulant laxatives are by prescription.

Both medicines are taken for the first 3-day cleanout. This 3-day treatment can be repeated every 2 weeks as needed until you get the desired results. In addition, as maintenance, your child will take a daily dose of stool softener for several months to a year. If your child is in a lot of pain, and is old enough, an enema can be added to the cleanout.

These instructions are to be used with guidance from your child's primary healthcare provider or GI provider who prescribes these medicines. Check with your healthcare provider first before giving any type of medicine to your child.

First part: 3-day cleanout phase

First, complete a 3-day bowel cleanout with 2 medicines. See the chart on the next page for your child's medicines and doses and give as directed:

- **Cleanout medicine 1: Stool softener - polyethylene glycol (Miralax, Glycolax or PEG)**

Polyethylene glycol brings water into the bowels. Mix the polyethylene glycol with the amount of liquid clear recommended. You may use clear liquid such as juice, water or tea. Have your child drink lots of liquids when they are on any of these medicines to prevent dehydration.

- **Cleanout medicine 2: Stimulant laxatives - Senna or bisacodyl**

If needed, repeat 3-day cleanout

This cleanout may be repeated in 2 weeks until your child has stools that are of mashed-potato-consistency every day, no stomach pain, and no soiling.

Second part: maintenance phase to keep bowels regular

Long-term daily stool softener given for 6 to 12 months

As soon as your child completes the first 3-day cleanout, give polyethylene glycol 1 time a day (not twice), in the same single dose you used for the cleanout. It needs to be taken daily for at least 6 to 12 months and often longer. Mix in clear liquid, such as juice, tea, or water, not milk. It's very important to mix the medicine with the full amount of liquid suggested. You can increase or decrease the dose as needed to achieve mashed-potato-consistency stools.

To Learn More

- Gastroenterology - 206-987-2521
- Urology - 206-987-2509
- Ask your child's healthcare provider
- seattlechildrens.org/patient-education

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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First part: 3-day cleanout phase - Use stool softener and a stimulant laxative

Use these medicines only as directed by your healthcare provider.

Repeat every 2 weeks if necessary or as directed by your provider

Cleanout medicine 1: Stool softener – polyethylene glycol (Miralax, Glycolax or PEG)

Medicine name	How often	Child's weight (lbs)	Child's weight (kg)	Miralax dose	Mix with clear liquid
Polyethylene glycol (Miralax, Glycolax or PEG) 1 capful = 17 grams. Use the cap that comes on the medicine bottle.	2 times a day	22 to 32 lbs	10 to 14.9 kg	½ capful	4 to 6 ounces
		33 to 43 lbs	15 to 19.9 kg	¾ capful	4 to 6 ounces
		44 to 54 lbs	20 to 24.9 kg	1 capful	6 to 8 ounces
		55 to 65 lbs	25 to 29.9 kg	1 ¼ capfuls	8 ounces
		66 to 87 lbs	30 to 39.9 kg	1 ½ capfuls	8 to 12 ounces
		88 to 109 lbs	40 to 49.9 kg	1 ¾ capfuls	8 to 12 ounces
		110 to 154 lbs	50 to 69.9 kg	2 capfuls	8 to 12 ounces.
		Over 154 lbs	70 kg and over	2 ½ capfuls	12 to 16 ounces

Cleanout medicine 2: Stimulant laxative – choose either Senna or bisacodyl

Medicine name	How often	Child's weight(kg) (and pounds)	Child's age	Dose (OTC = over the counter, no prescription needed)
Senna Available at these strengths: • 8.8-mg-per-5-ml liquid • 8.6 mg tablet • 15 mg chocolate chew (ExLax)	1 time a day, at bedtime	22 to 55 lbs (10 to 25 kg)	2 to 6 years	<input type="checkbox"/> 2.5 ml liquid by prescription <u>or</u> <input type="checkbox"/> ½ tablet by prescription or OTC <input type="checkbox"/> ½ chocolate chew OTC
		55 to 88 lbs (25-40 kg)	6 to 12 years	<input type="checkbox"/> 5 ml liquid by prescription <u>or</u> <input type="checkbox"/> 1 tablet by prescription or OTC <u>or</u> <input type="checkbox"/> ½ chocolate chew OTC
		88 lbs and over (40 kg +)	12 years +	<input type="checkbox"/> 10 ml liquid by prescription <u>or</u> <input type="checkbox"/> 2 tablets by prescription or OTC <u>or</u> <input type="checkbox"/> 1 chocolate chew OTC
OR				
Bisacodyl 5 mg tablet by prescription or over the counter	1 time a day, at bedtime	23-88 lbs (15-40 kg)	3 to 10 years	1 tablet by prescription or OTC
		88 lbs and over (40 kg +)	10 years +	1 to 2 tablets by prescription or OTC

Medicines you can buy at the drugstore without a prescription come in many strengths. Be sure to check the strength of the medicine on the bottle – usually written as milligrams (mg) per ml or (mg) alone.

Second part: maintenance phase - Use a stool softener

Stool softener

Medicine name	How often	Child's weight (lbs)	Child's weight (kg)	Miralax dose	Mix with clear liquid
<p>Polyethylene glycol (Miralax, Glycolax or PEG)</p> <p>1 capful = 17 grams. Use the cap that comes on the medicine bottle.</p> <p>You can increase or decrease the dose as needed to achieve mashed-potato-consistency stools.</p>	1 time a day	22 to 32 lbs	10 to 14.9 kg	½ capful	4 to 6 ounces
		33 to 43 lbs	15 to 19.9 kg	¾ capful	4 to 6 ounces
		44 to 54 lbs	20 to 24.9 kg	1 capful	6 to 8 ounces
		55 to 65 lbs	25 to 29.9 kg	1 ¼ capfuls	8 ounces
		66 to 87 lbs	30 to 39.9 kg	1 ½ capfuls	8 to 12 ounces
		88 to 109 lbs	40 to 49.9 kg	1 ¾ capfuls	8 to 12 ounces
		110 to 154 lbs	50 to 69.9 kg	2 capfuls	8 to 12 ounces
		Over 154 lbs	70 kg and over	2 ½ capfuls	12 to 16 ounces