



## Constipation Cleanout Instructions

Your child's physician has recommended a constipation cleanout for your child because he/she has not had a bowel movement in three to five days and/or maintenance therapies have not worked. All the medications are available over-the-counter. You can buy them at your pharmacy, Walmart and other retailers. You can use the brand-name or the generic, store-brand medication.

### AGGRESSIVE PHASE

Typically polyethylene glycol (PEG) (also known as MiraLax, ClearLax, GlycoLax, etc.) plus one stimulant medication should work. Whether you choose to use an oral or rectal stimulant is up to you and your child. For three days; generally over the weekend, Friday-Sunday

- **PEG:** \_\_\_\_\_ capful \_\_\_\_\_ times a day, every day for 3 days.

Use 6 oz of fluid (water, Gatorade etc.) to dissolve 1 capful. Use more fluid as needed.

(1 capful of PEG = 5 tsp MiraLax = 17 grams of PEG)

- **Pediatric Fleet enema:** \_\_\_\_\_ enema on day 1.
- **Senokot** (also known as sennosides, senna, Ex-Lax etc.) Buy the tablet or suspension form, depending on what your child can take.

Take \_\_\_\_\_ chewable tablets (or the equivalent in suspension form) daily for 3 days

- **Dulcolax** (also known as Bisacodyl, 1 tablet = 5mg)

Take \_\_\_\_\_ tablets on day 3. Only take it if your child has no good results on day 1 and 2.

### MAINTENANCE PHASE

After three-day, aggressive cleanout

- **PEG:** \_\_\_\_\_ capful \_\_\_\_\_ time a day.
- **Senokot:** same dose as above, twice a week (every Wednesday and Saturday)
- **Pediatric Fleet enema:** as above if no bowel movement occurs after three days.
- **Daily Toilet Time:** for 15 minutes after every meal
- **High fiber diet:** \_\_\_\_\_ grams of fiber daily
- Avoid excessive **dairy** intake
- Drink plenty of **water:** \_\_\_\_\_ glasses every day

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