

Dr. Shaban's Treatment Plan for Constipation

Consists of two phases: initial disimpaction (clean out) and ongoing maintenance. Maintenance therapy may be required for up to 6 months before discontinuation can be attempted. Maintenance therapy should be given on a daily basis whether or not there is a bowel movement. Continue with maintenance therapy at least until your next appointment.

Disimpaction:

- Magnesium citrate ____ oz daily for ____ days
- MiraLAX ____ capful(s) once in ---Oz of fluids. Try to finish within 4 hours for maximum effectiveness.
- Fleet enema daily for ____ days

Following disimpaction, begin maintenance therapy:

- MiraLAX or Glycolax ____ capful daily. Give each capful (17 g) in 8 oz of water/ juice.
- Senakot or Ex-lax ____ tsp/square daily
- Lactulose ____ tablespoons twice daily
- Mineral oil/Kondremul ____ tablespoons per day

Rescue medication if no formed bowel movement in 1 days

- 1x EX Lax chew at night ____ Yes ____ No

Behavioral changes:

- Toilet sitting for 10 minutes 2-3 times daily. **No distractions such as phones or tablets!**
- Reward for successful bowel movements
- Keep a monthly stool diary to discuss with provider next visit. Use the picture below for reference.
- Is a consultation with behavioral therapist necessary?
- Watch "**The Poo in You Video**" on YouTube- this is a wonderful video if your child is having problems with soiling accidents. This interactive, animated video explains what causes the accidents, why they happen so often, and how it can be treated. If your child is having problems with soiling accidents (also known as encopresis, "poo accidents," "poo-ing" in pants), you're certainly not alone. This is one of the most common problems seen by both pediatric GI and primary care providers.