



### **Constipation Cleanout Instructions**

All the medications are over the counter

#### **AGGRESSIVE Plan** (for 3 days)

1. **Miralax:** \_\_\_\_\_ capful, every day for 2 days. Mix 1 capful in at least 4-8 ounces of fluid (water, Gatorade, juice, etc.) of their choice. (1 capful of Miralax = 17 grams of Miralax)
2. **Ex-Lax:** Take \_\_\_\_\_ Ex-Lax chocolate squares daily for 2 days. (Ex-Lax is Senokot. Senokot also comes in a tablet or suspension)
3. **Magnesium Citrate:** Give \_\_\_\_\_ ounces on day 3, (if your child still does not have a bowel movement in 2 days)
4. **Pediatric fleets enema:** \_\_\_\_\_ enema on day 3 (if no bowel movement in 2 days).

#### **MAINTENANCE Plan** (after aggressive cleanout):

1. **Miralax:** \_\_\_\_\_ capful daily for 1 month. You can adjust the amount per stool consistency. Or, can also consider Milk of Magnesia \_\_\_\_\_ oz daily.
2. After a month, switch to \_\_\_\_\_ glasses of prune juice daily or Metamucil 1-2 tablespoons daily.
3. **Ex-Lax:** Take \_\_\_\_\_ chocolate squares if no bowel movement in 2 days.
4. **Pediatric fleets enema:** 1 enema if no bowel movement in 3 days
5. Drink plenty of water
6. Limited dairy intake
7. Avoid fast food.
8. Avoid withholding behavior
9. Daily scheduled toilet times - After breakfast, lunch and dinner; avoid distractions during toilet time. Sit for 10 min each.
10. Positive reinforcement, even if your child does not have a bowel movement.
11. YouTube Video: "The Poo in You" is excellent for explaining constipation for children