

CONSTIPATION MANAGEMENT

Name _____ Age _____ Date _____ Prepared by _____

Toileting

- Position – use a footstool to keep knees higher than hips. A toilet ring over the toilet seat helps children sit in the correct position.
- Sits - Lean forward and put elbows on knees. Encourage child to bulge out their tummy. Children should sit on the toilet for 5 minutes three times a day, preferably after meals. A timer can help.
- Reinforce positive behaviour and record frequency of bowel actions with a sticker chart or diary. Children should receive lots of praise for sitting on the toilet.



Disimpaction

A short term therapy to wash out the bowel might be suggested if your child is very constipated. Stop once your child is passing only liquid, and switch to maintenance therapy. The whole day's medicine can be mixed in the morning, stored in the fridge, and given across the day.

Movicol™ full strength sachets

Age	Day 1	2	3	4	5	6	7
2-5yo	1	2	2	3	3	4	4
5-11yo	2	3	4	5	6	6	6
12+	8	8	8	8	8	8	8

Half strength sachets can be used, just double the number of sachets per day

Ongoing medication

Aim for one soft, easy to pass poo each day. If your child still has hard poo, or is not doing a poo every day, increase the dose of the medicine every second day. If your child has diarrhoea, decrease the dose.

Parachoc™

A liquid (paraffin oil) that tastes like chocolate. Can be mixed in any liquid or food (it is easy to hide in ice-cream). Sometimes orange oil can be seep into the underwear. If this happens, decrease the dose. It is safe to use for many months.

Starting dose _____ per day

Maximum dose _____ per day

Give the medicine every day until follow up with your GP or paediatrician.

Guide for clinicians:

1-6yo: 10-15ml/day
6-12yo: 15-20ml daily
>12yo: max 40ml day

Osmolax™

Comes in a tin with a double-ended scoop. The large scoop is twice the size of the small scoop.

Mix 1 large scoop with 1 cup of any hot or cold liquid. It has the same active ingredient as Movicol™ but does not contain salts. It is safe to use for many months.

Starting dose _____ per day

Maximum dose _____ per day

Give the medicine every day until follow up with your GP or paediatrician.

Guide for clinicians:

4-5yo 1 large scoop/day
6-12yo 1.5 large scoops/day
>12yo 2 large scoops/day

Movicol™

Comes in sachets. Full strength sachets contain twice as much medicine as the Half and Junior sachets, and are safe for children. Mix full strength sachet in $\frac{1}{2}$ cup of liquid, or half strength sachet in $\frac{1}{4}$ cup liquid. It tastes better if it is cold, and it can be mixed with cordial. It is safe to use for many months

Movicol™ full strength 13g (lemon-lime/ choc/ flavour free)

Movicol™ Half 6.9g (lemon-lime)

Movicol™ Junior 6.9g (flavour free)

Starting dose _____ per day

Maximum dose _____ per day

Give the medicine every day until follow up with your GP or paediatrician.

Guide for clinicians:

2-5yo: 1 sachet Movicol™

Half/day

6-11yo 1 full strength/day

>12yo 1-3 full strength/day