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### Constipation Management Sheet for Children, Adolescents and Young Adults

Name: \_\_\_\_\_ Date \_\_\_\_\_ Next Appointment \_\_\_\_\_

PLEASE DO ONLY THE CHECKED AND CIRCLED ITEMS. IF AN ITEM IS LEFT BLANK OR NOT CIRCLED, DO NOT FOLLOW THAT SECTION.

- THE GOAL:** \_\_\_ BM's,  soft  normal per day or \_\_\_ per week
  
- Prune, Peach, Mango or Pear Juice: \_\_\_ oz  dilute  do not dilute with an equal amount of water and give 1-2 times per day.  
 May increase by 50% 100% only as needed.
  
- Adult Fleet phospho-soda (Saline) enema. Give \_\_\_ enema per day for \_\_\_ days  
For Children, best to give when at least 1 parent and 1 other adult available; one to give the enema and 1 to hold the child during insertion. Follow the instructions for insertion on the package. Hold the cheeks of the buttock together for at least 5 minutes to prevent the enema from being immediately expelled.
  
- Glycerin or Liquid Glycerin suppository: Give \_\_\_ suppository per day for \_\_\_ days. For Children, best to give when at least 1 parent and 1 other adult available; 1 to give the suppository and 1 to hold the child during insertion.  
 May increase by 50% 100% only as needed.
  
- ExLax: Give \_\_\_ little rectangle \_\_\_ time(s) per day. This comes as a chocolate flavored rectangle candy. Best given at bedtime. Keep out of child's reach when not in use.  
 May increase or decrease by 50% 100% only as needed.
  
- Miralax or Glycolax (generic Miralax): \_\_\_ capful in \_\_\_ oz of liquid, \_\_\_ times per day  
 May increase by 50% 100% only as needed.
  
- Have your child sit on the toilet for 5-10 minutes 3 x per day; the best time is after meals. The feet should reach the ground and the buttocks should be supported by the toilet seat, and not by the child's hand holding on to the edges of a seat that is too large for their rear.
  
- Calmol 4 Suppositories for  anal fissures or  to affect a gentle anal dilation:  
Use \_\_\_ suppository:  At bedtime  2 times per day  
The suppositories should be rolled in the hand until slightly warmed and lubricated and then inserted. If necessary to cut the suppository, cut it before rolling. These suppositories do not have stimulants or laxatives, just emollients. However, your child may have a BM afterwards from local stimulation of the anus.