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Constipation Management Sheet for Infants and Small Children

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 or decrease by 50% 100% only as needed.

- Pediatric Fleet phospho-soda (Saline) enema. Give ___ enema per day for ___ days
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 BabyLax Liquid Glycerin suppository: Give ___ suppository per day for ___ days. 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.

- Little Tummies Laxative: Give ___ ml ___ time(s) per day. This comes as a chocolate thick liquid. Measure as best you can. Best given at bedtime.
 - May increase or decrease 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 or decrease by 50% 100% only as needed.

- 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 (cut them first if necessary) until slightly warmed and lubricated, and then inserted. These suppositories do not have laxatives, just emollients. However, your child may have a BM afterwards from local stimulation of the anus.

- 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.