



## Constipation Treatment



### For children 2 years and older

1. Over-the-counter Miralax (Polyethelene glycol 3350 powder) has little flavor and can be dissolved in 8 ounces of water, juice or soda. The cap on the bottle is used for measuring out the powder and has a mark for “17 grams”. This capful equals about a heaping tablespoon.
2. Start dosing Miralax based on weight or on age:
  - 2-6 years old (about 35-50 pounds)—give  $\frac{1}{2}$  capful per day; it may be dissolved in water or juice.
  - 7-11 years old (about 50-80 pounds)—give  $\frac{3}{4}$  capful of Miralax per day.
  - 12 years and older (around 90 pounds or more)—give an entire capful (17 grams) of Miralax per day.
3. If your child does not have a bowel movement within 5 days of starting the Miralax, you may have to use a Fleet enema (available at pharmacies).
4. Establish a routine of sitting on the toilet for about 10 minutes after breakfast and again after dinner each day. Also allow free access to the toilet whenever he has an urge to go. If his feet do not reach the ground, supply a foot stool so he can push down with his feet during bowel movements.
5. Encourage cooperation by supplying appropriate praise and a small prize for sitting on the toilet. Stickers and small snacks are good rewards.
6. The goal after 2 weeks is to see 2 soft bowel movements per day. The dose can be adjusted twice per week by increasing or decreasing the amount given by 1 ounce at a time.
7. Continue the Miralax and toilet routine for 4 months, until a pattern of regular bowel movements is well established.
8. A trial off the Miralax can be given after 4 months by decreasing the dose by half for 2 weeks then stopping all the medicine.
9. Even when the Miralax is completely phased out, continue to encourage good toileting habits.
10. Encourage a diet high in fiber with limited cow's milk.
  - ◆ The easiest source of fiber is whole grains. Breakfast cereals like Frosted Mini Wheats, Raisin Bran, Cracklin' Oat Bran, and oatmeal are high in fiber. For bread use only “100% Whole Wheat” bread. Try cooking bran muffins based on a high fiber cereal like Fiber One or All-Bran.
  - ◆ Fruits and vegetables are also a good source of fiber. Any kind of cooked or baked bean is usually very high in fiber. For vegetables, broccoli, carrots, corn, green beans, and peas are good choices. For fruits, try apples with the peel, dates, oranges, pears, strawberries, and raisins.
  - ◆ Limit cow's milk to 16 ounces per day. If your child eats lots of cheese or yogurt, limit the total dairy foods to 3 servings per day. A serving of milk is 8 ounces; a serving of yogurt is 8 ounces; a serving of cheese is 2 ounces.