

Constipation

Overview

Constipation is quite common in school-aged children and toddlers starting to potty train as they can forget to drink water, are easily distractible, often do not spend time on the toilet to stool, and may be more picky with their eating.

Constipation can present as hard, pellet-like stools with abdominal pain and straining on the toilet. Constipation can also present as intermittent abdominal pain with occasional loose stools. Even if your child has a bowel movement every day, she/he could still be constipated with softer/liquid stool going around harder pieces of stool in the colon.

Home Care

- Have your child sit on the toilet twice daily after meals (after breakfast and dinner).
- Increase water intake. Give your child a water bottle for school/daycare and ask teachers to encourage water intake.
- Increase fiber intake – fruits, vegetables, whole grains.
- Limit sugary foods and highly processed foods. Encourage whole foods.
- Increase Exercise/Exercise daily – playing outside, running, playing a sport, etcetera.
- Consider an over the counter probiotic and/or fiber supplement for your child.

Miralax

Miralax for mild to moderate constipation. Other stool softeners or laxatives may be considered as well at an office visit.

If your child has used Miralax in the past and you are comfortable with dosing for your child, it is OK to start using Miralax before scheduling a visit with a Mountain Kids Pediatric provider.

Miralax is a powder that is mixed with 6–8 ounces of water or juice that pulls water into the colon to help stimulate a bowel movement.

Concerning Symptoms

GO TO ER OR URGENT CARE: Severe persistent abdominal pain, blood in stool (not just small streaks on outside of stool), unable to have a bowel movement over 4–5 days, abdominal pain with persistent vomiting, significant pain localized to right lower quadrant of abdomen with or without a fever, or other life-threatening symptoms.

Laxatives

Miralax

Good choice for kids because it is effective with less side effects than other options. It works as a physical agent, mixing with an ingested liquid to soften the poop in the colon.

Dosing: directly correlated to how much effect you need, the more miralax you use the softer. your poop will be and vice versa. The general guideline is to go off of how well your child is tolerating the medication and the appearance of their poop.

1 teaspoon of Miralax requires at least 1 ounce of liquid

Age Dosing Guidelines:

- 12–24 months: start 1 tsp a day, adjust by 1/2 tsp at a time.
 - Range of 1/2 tsp to 4 tsp per day
- 2–3 years: start 2 tsp daily, adjust by 1/2 to 1 tsp at a time.
 - Range 2–6 tsp per day
- 4–5 years: start 3 tsp daily, adjust by 1 tsp at a time.
 - Range 2–6 tsp per day
- 6+ years: Start 1 capful daily, adjust by 1/2 capful at a time.
 - Range 1–2 capfuls per day



Senna

Causes the colon to speed up the processing and transport of stool. This works well for kids who are withholding their poop. Be mindful as it can cause cramping and is not great for long-term use.

Age Dosing Guidelines:

- 2–3 years: 1/4 to 1/3 of a 15 mg chocolate square
- 4–6 years: 1/3 to 1/2 of a 15 mg chocolate square
- 6–11 years: 1/2 to 1 of a 15 mg chocolate square
- 12 + years: 2 chocolate squares

