Constipation Action Plan

☐ Green Zone
• 1-2 poops every day
• No strain, no pain
• Poops are soft - like mashed potatoes

☐ Yellow Zone
• No poops for 2-5 days
• Has pain or strains
• Hard poops

☐ Red Zone
• No poops for 6 days
• Bad pain
• Vomiting or bloating

To help your child STAY in the Green Zone use:
Miralax: ____ capful(s)
in ____ ounces of water, juice or Gatorade
____ time(s) every day

If child is having diarrhea: REDUCE dose by ½ capful each
day until diarrhea stops.

Child should try to poop even if they say they don't need
to. Here's what they should do.
• Sit on toilet for 5-10 minutes after meals
• Feet should touch the floor (may use step stool)
• Read or look at a book
• Blow on hand or at a pinwheel. This helps use the
  muscles needed to poop.

To help your child MOVE OUT of the Yellow Zone use:
Miralax: ____ capful(s)
in ____ ounces of water, juice or Gatorade
____ time(s) for 3 days

After 3 days, if child is still having trouble pooping:
Add Chocolate Ex-Lax, ____ square at night until child has
1-2 poops every day.

Now your child is back in the Green Zone.

To help your child MOVE OUT of the Red Zone do:
Cleaning Out the Poop on the other side of this paper.

After Cleaning Out the Poop, if your child is still having
trouble pooping, call 919-966-6669 to make an
appointment with a doctor.
Trouble with Pooping (Constipation)

Trouble pooping (constipation) is very common in children. They may have hard poops or not poop for several days. Often a child needs medicine and diet changes to start having soft poops every day. Bad trouble with pooping comes on over a long time and can take a long time to fix.

Cleaning Out gets rid of the backed up poop so the muscles and nerves start to work the right way again. After cleaning out you can help your child have soft poops every day.

Cleaning Out the Poop (takes several days and may need to be repeated)

What medicine does my child need to take?

Your doctor has marked the medicine your child needs on the list below:

- 8 capfuls of Miralax mixed in 32-64 ounces of water, juice or Gatorade.
- 16 capfuls of Miralax mixed in 32-64 ounces of water, juice or Gatorade.
  - Drink 4-8 ounces every 30 minutes until the mixture is all gone.
  - If your child has nausea, give a smaller amount or give it every 60 minutes.
- 1 chocolate Ex-Lax square OR 1 teaspoon of Senna liquid

Take this amount 1 time each day for 3-5 days.

When should my child start the medicine?

Start the medicine on a Friday afternoon or some other time when your child will be out of school and at home for a couple of days. Start between 2 and 4 PM in the afternoon. By the end of the 2nd day your child’s poop should be liquid and almost clear, like Mountain Dew.

Will my child have any problems with the medicine?

Often children have stomach pain or cramps with this medicine. This pain may mean that your child needs to poop. Have your child sit on the toilet with a favorite book.

What else can I do to help my child?

Have your child sit on the toilet for 5-10 minutes after each meal. Do not worry if your child does not poop. In a few weeks the colon muscle will get stronger and the urge to poop will begin to feel more normal. Tell your child that they did a good job of trying to poop.

What should my child eat and drink?

- Drink lots of water
- Eat fruits & vegetables
- Avoid fatty, greasy foods.