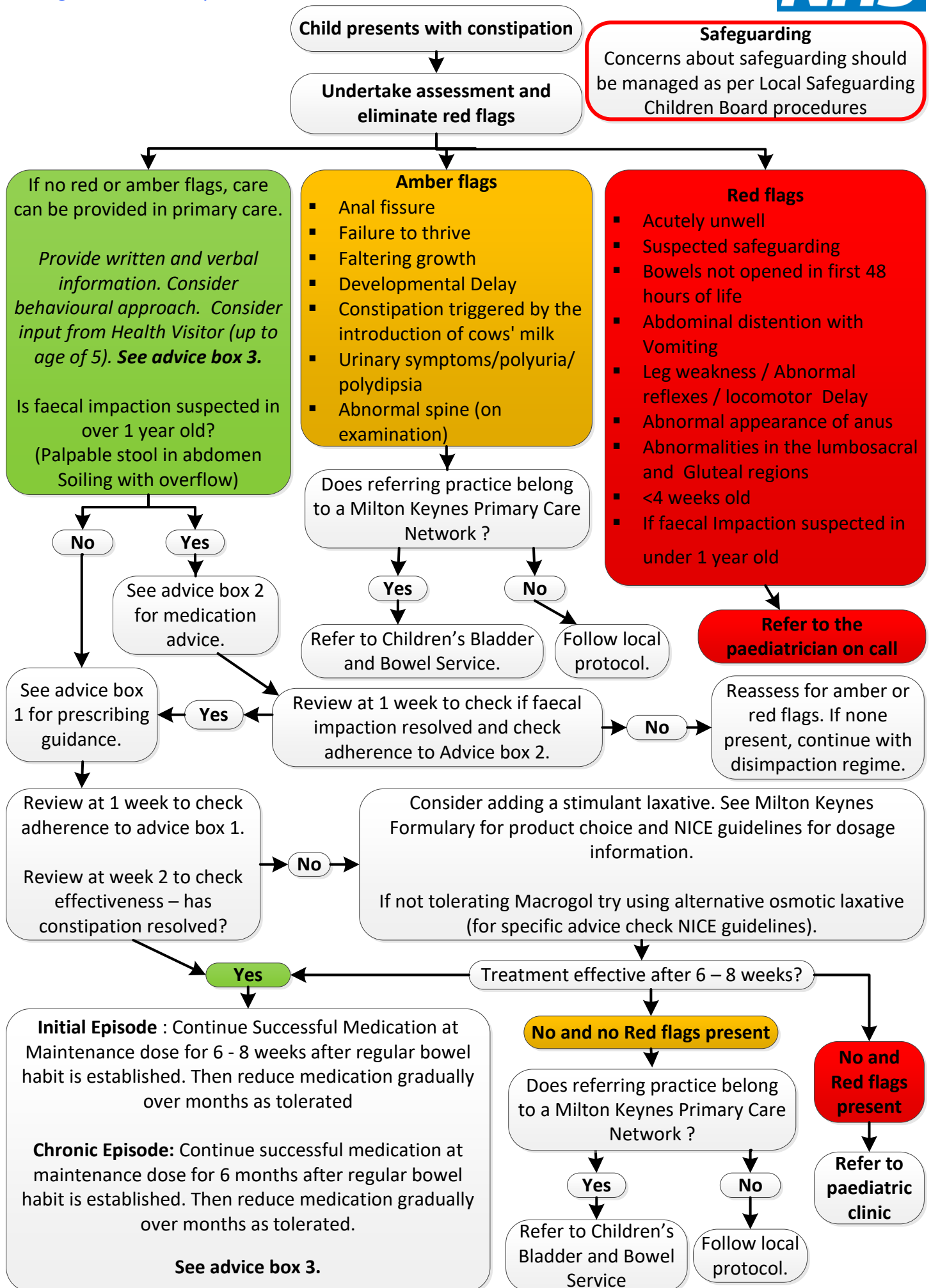


# Constipation Management for Children

Management in Primary Care



### Advice Box 1: Initiation Therapy / Maintenance

- Start therapy with Macrogol paediatric (see Advice Box 4).
- Lifestyle advice regarding diet and fluid intake

	Dose	Instruction
<b>Child aged less than a year</b>	½ to 1 paediatric sachet per day	
<b>Child aged 1-5 years</b>	1 to 4 paediatric sachet per day	Adjust dose to produce regular soft stools
<b>Child aged 6-11 years</b>	2 to 4 paediatric sachet per day	Adjust dose to produce regular soft stools
<b>Child aged over 12 years</b>	2 to 4 paediatric sachet per day or 1 to 2 adult sachet per day	Adjust dose to produce regular soft stools

Review within 1 week

### Advice Box 2: Faecal Impaction

- Start disimpaction therapy with Macrogol paediatric (see Advice Box 4).

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Child aged 1-5 years</b>	2	4	4	6	6	8	8
<b>Child aged 6-12 years</b>	4	6	8	10	12	12	12

#### Children over 12 years should be treated with the adult preparation

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Children aged over 12 years</b>	4	6	8	8	8	8	8

Review within 1 week

### Advice Box 3: Behavioural Approach

- Positive daily toileting routine (3-4 times) a day for 10-15 mins using optimum positioning and relaxation techniques
- Rewards such as star charts, use of balloons, whistles or bubbles while sitting
- Explanation of the condition with advice sheet ▪ Consider potential emotional factors
- Bowel diary
- Lots of praise and encouragement
- Emphasize that this is a long term process and not to stop the medication suddenly
- Dietary change
- Healthy balanced diet
- Adequate fluid intake (6-8 cups per day)
- Avoid excessive milk intake beyond infancy

### Advice Box 4: ERIC

The ERIC website ([www.eric.org.uk/guides-to-childrens-bowel-and-bladder-problems](http://www.eric.org.uk/guides-to-childrens-bowel-and-bladder-problems)) has parent information that is free and can be printed for:

- Disimpaction
- How to prepare Macrogol laxatives

### Advice Box 5: Contact details

Milton Keynes Children's Bladder & Bowel Service - 01908 303030

This guidance has been produced by Primary Care and consultant clinicians across Bedfordshire, Luton and Milton Keynes, and is written in the following context:

This assessment tool was arrived at after careful consideration of the evidence available including but not exclusively NICE, SIGN, Bristol guideline, EBM data and NHS evidence. Healthcare professionals are expected to take fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer. Issue date: March 2025.