

How to treat and manage constipation

Your plan to help _____ (child's name)
achieve healthy bowel movements

Treating your child's constipation can help to relieve the problems he or she is having with holding and passing urine. This is because some of the same muscles are used to pass and hold bowel movements (stools, poo) and urine (pee).

Clean out phase

The goal of this phase is to empty your child's bowels. Your child will need to stay near a toilet during the clean out phase when you and your child are at home.

1. Have your child drink lots of water during the clean out phase.
2. Give the medication chosen for your child:

Fleet Enema

Instructions: Adult or Pediatric (for children)
 Once a day or Twice a day
 For _____ day(s)

Pico Salax

1. In the morning, have your child drink _____ packet, mixed in 150 ml (5 oz) of cold water.
2. Six to 8 hours later, have your child drink _____ packet, mixed in 150 ml (5 oz) of cold water.
3. Repeat steps 1 and 2 for _____ day(s).

Peg 3350 (RestoraLAX[®], Peg Flakes[®], Relaxa[®], Lax-a-day[®])

Give _____ grams twice a day for _____ day(s).

Measure out the dose using the special scoop that comes with the powder.
1 scoop = 17 grams (a heaping tablespoon).

Mix your child's dose in 120 ml to 240 ml (1/2 cup to 1 cup) of water or juice. To make it tasteless, stir until the powder dissolves completely. Have your child drink all the mixture.

Maintenance phase

The goal of this phase is to help your child's bowels regain their usual size. During this phase bowel movements become healthier.

1. Give the medication chosen for your child:

- Peg 3350 (RestoraLAX[®], Peg Flakes[®], Relaxa[®], Lax-a-day[®])**

Give _____ grams once a day. Continue for at least _____ months.

Measure out the dose using the special scoop that comes with the powder.
1 scoop = 17 grams (a heaping tablespoon).

Mix the dose in 120 ml to 240 ml (1/2 cup to 1 cup) of water or juice. To make it tasteless, stir it until the powder dissolves completely. Your child should drink all of the mixture.

- Other:**

2. Help your child have healthy bowel movements

Water	<ul style="list-style-type: none">• The most important thing your child can do is drink lots of water. Water is the body's best friend!• Try to have your child drink _____ cups of water a day.
Fibre	<ul style="list-style-type: none">• Give your child foods that are high in fibre (fruits, vegetables and whole-grain breads and cereals).• Read food labels to know how much fibre your child gets in a serving. Add up the amount of fibre your child has each day. Gradually work up to 20 to 25 grams of fibre a day.
Bowel routine	<ul style="list-style-type: none">• Your child's bowels need a routine.• At least once a day have your child sit on the toilet for 10 to 15 minutes, preferably after a meal. Bring an activity.
Relaxation	<ul style="list-style-type: none">• Your child needs to relax his or her bum muscles.• Make sure your child's feet are flat on the floor or on a bench, so they are not dangling from the toilet seat. Remove pants and underwear, if necessary.