

maintenance therapy

Your health care team will work with you to choose the right medication plan that starts after the clean-out is done.

maintenance medication

Polyethylene glycol 3350 (also known as PEG 3350 or MiraLAX®): ___ capful(s) by mouth ___ times each day. Increase or decrease by 1/2 capful until stool is mashed potato or oatmeal consistency.

Ranges of doses: 1 - 5 years ½ - 1½ caps
 5 - 10 years 1 - 2 caps
 10 years and older 1 - 3 caps

Lactulose: _____ mL by mouth _____ times each day

Senna chocolate squares: _____ chocolate squares twice a day for _____ days

tips

- Your child should sit on the toilet 2-3 times daily, 5-10 minutes each, for “protected time to have a bowel movement.”
- Ensure smaller children have a footstool or other object so that they have a solid base to push off.
- Use positive reinforcement, not punishment.
- Provide your child with a balanced diet that includes adequate fiber (5 servings of fruit and vegetables each day)
- Provide your child with age appropriate amounts of fluids each day:
 - **1-2 years old:** 3-4 cups of water
 - **2-4 years old:** 4 cups of water
 - **5-10 years old:** 6 cups of water
 - **10 years or older:** 8 cups of water
- Call your child’s primary care provider if you have questions or concerns.
- Do not stop medications without contacting your child’s provider.

For additional resources, visit YouTube and search for these two videos:

- “The Poo in You”
- “Constipation in Children: Understanding and Treating This Common Problem”

