






My Constipation Evacuation Plan

Patient Name: _____
 Date of Birth: _____ Today's Date: _____ Discharge Weight(kg): _____
 Outpatient Pediatrician: _____ Specialist: _____

Age >12 years (>40 kg)	Treatment
After Discharge/Disimpaction	<input type="checkbox"/> Miralax 1 cap (17 g) twice a day in 8 oz fluids for 3-6 days <input type="checkbox"/> Review "The Poo in You" Educational Video and GIKids Resources
Good/Maintenance  <ul style="list-style-type: none"> ● eating well ● normal play ● no belly pain ● 1 soft poop/day ● clean underwear 	<input type="checkbox"/> Miralax 1 cap (17 g) once a day for 1 -2 months. <input type="checkbox"/> Lactulose 60 - 90 mL (40 - 60 g) once a day for 1-2 months <input type="checkbox"/> Schedule toilet time 3 times or more per day <input type="checkbox"/> Fiber: at least 17-28 g once a day (diet, gummy, Benefiber, Metamucil) <input type="checkbox"/> Drink 11 - 14 cups (88 - 112 oz) of water every day
Bad  <ul style="list-style-type: none"> ● eating less ● playing less ● some belly pain ● no poop in 3 days ● poop streaks <p>If no poop in 24-48 hours, move to the "Worse" section.</p> 	<input type="checkbox"/> Miralax 1 cap (17 g) twice a day for no more than 2 weeks. <input type="checkbox"/> Lactulose 45 mL (30 g) twice a day for no more than 2 weeks. <input type="checkbox"/> Magnesium hydroxide (Milk of Magnesia) 30 - 60 mL (2.4 - 4.8 g) once a day OR Magnesium citrate (1-2 gummies) once before bed for no more than 2 weeks. <input type="checkbox"/> Senna 17.2 mg (2 tablets) = 10 - 15 mL (17.6 - 26.5 mg liquid) once a day for no more than 2 weeks. <input type="checkbox"/> Bisacodyl 10-15 mg (2-3 tablets) once a day for no more than 2 weeks
Worse  <ul style="list-style-type: none"> ● not eating ● not playing ● more belly pain ● bigger belly ● bloating ● pooping hurts ● poop accidents 	<input type="checkbox"/> Contact Provider/Specialist: Name: _____ Number: (____) ____ - ____ <input type="checkbox"/> Suppository/Enema: _____ <input type="checkbox"/> Start "Clean Out" with bland or clear fluid diet
Clean Out  <ul style="list-style-type: none"> ● continue until stools clear/yellow ● notify provider if abdominal pain 	<input type="checkbox"/> Miralax small bottle (14 caps) in 64 oz of fluids and drink over 24 hours <input type="checkbox"/> Bisacodyl 10 mg (2 tablets) once before Miralax <input type="checkbox"/> Other: _____

Parent: _____ Provider: _____ RN Initial: _____